

BBC

August 2021
DHS15

goodfood

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Middle East

Sunshine treats

- + Crispy cod & Kiev butter
- + Maple & chilli-glazed leg of lamb
- + Raspberry & dark chocolate cheat's ice cream terrine

MEAT-FREE MEALS

Back to school lunchbox ideas

WIN

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GARAGE



Welcome!

Seasonal menus are in full swing at most restaurants. Even though temperatures are soaring, I've been making the most out of my spare time by experiencing the latest summer additions around town, all brimming with fresh ingredients and invigorating flavours.



In this issue, you will find a selection of recipes to beat the heat. For a cooling treat with ripe berries (p35), try the Raspberry & dark chocolate cheat's ice-cream terrine or Strawberry & elderflower cobbler for a cosy weekend delight. Tom Kerridge's sizzling menu (p46) showcases protein-led entrées that are big on flavour, while Diana Henry gives us a lesson in roasted peppers and the best ways to utilize these often overlooked jars (p58). For a twist on your usual fish and chips, try our cover story recipe, Crispy cod & kiev butter with best ever oven chips (p52). If, like me, you prefer light and nutritious meals during summer, turn to page 78 for wholesome meat-free dishes.

Since back to school season is just around the corner, we have plenty of lunchbox ideas (p73) and family-friendly one-pot meals (p68) that work just as great for after-school lunches as they do for a sumptuous dinner. And before your children gear up for the academic year, we highly recommend an escape to these exhilarating attractions (p85) and a special meal at one of our tried and tested restaurants.

Happy reading.

Nicola Monteth
Editor

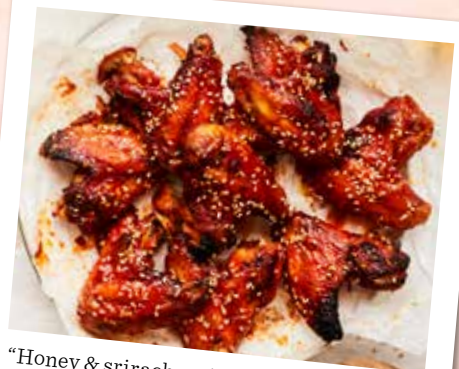
WHAT WE'RE LOVING!



"These Feta cakes are incredibly easy to put together and ideal for a light, summer lunch," says Sales manager, Liz.



Digital editor, Serena says: "An ice-cream terrine is my absolute favourite summer treat. I'll be making this for my next family gathering."



"Honey & sriracha sticky wings - is there a better combination for a Friday night treat? I think not!" says graphic designer, Froilan.



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Our recipe descriptions

- V** Suitable for vegetarians.
- ❄️** You can freeze it.
- 🧊** Not suitable for freezing.
- Easy** Simple recipes even beginners can make.
- A little effort** These require a bit more skill and confidence – such as making pastry.
- More of a challenge** Recipes aimed at experienced cooks.
- Low fat** 12g or less per portion.
- Low cal** 500 calories or less per main.

- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

BBC gf STAR LETTER



According to me and my friends, *bbcgoodfoodme.com* is a food encyclopedia for the Middle Eastern region. It is a hub where we search for anything and everything related to food, and we are surely not disappointed. I love discovering new recipes, reading restaurant reviews (while adding them to my bucket list), going through foodie travels and diaries, and most of all, waiting for monthly competitions. In fact, an amalgam of all these made this website my favorite bookmark on Google Chrome. My new interest is in trying to attend as many events as possible and that is my favorite tab now. Love to the team.

Soumya Denny



Another great issue which made my week! Well done, team. I really enjoyed trying out those new pancake recipes (Page 32 and 33). What a cool way of upgrading my old

boring recipes and adding some new flavours. And placing a smile on my kids' faces while surprising them with the outcome.

Sarah Steck-Varela



The banana recipes were the best. My step-daughter takes a piece of fruit to school every day, and while she is always happy to buy bananas at the supermarket, her enthusiasm dwindles during the week and we are always left with a few. The caramelized bananas were an instant hit, and she's now been asking to buy bananas

specifically for this. Plus, needless to say, I am over the moon now that we're not wasting food anymore. Thank you!

Martyna Sikorska

WIN!

A PRIVATE POOLSIDE CABANA EXPERIENCE FOR FIVE AT AZURE BEACH DUBAI, WORTH AED4,000

Sited at the heart of Jumeirah Beach Residence, set against the stunning backdrop of the turquoise Arabian Sea and the majestic Ain Dubai, Azure Beach Dubai is the perfect summer escape with your loved ones. Spend your day at this idyllic paradise, lounging on one of the luxury private cabanas, and indulge in the ultimate poolside experience. As you unwind, tuck into sumptuous Asian-fusion cuisine complemented by sips that pack a punch, and sway to blissful beats. The winner will receive a private pool cabana package for five people, inclusive of a sushi platter, fruit platter, two bottles of grape, five bites from the chef's selection, as well as water, tea, coffee and/or soft beverages.

To send in your Star Letter and win this prize, visit the Competitions page on *bbcgoodfoodme.com*



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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with French Cream

RASPBERRY PAVLOVA

by Claire Heitzler

USING FRENCH CREAM

"French dairy cream brings lightness to all my preparations, it is smooth, foamy and it enhances the other ingredients in my recipes"

INGREDIENTS

Meringue

100g egg whites
100g sugar
100g icing sugar

Vanilla Chantilly

250g european cream 35%
25g sugar
1/2 vanilla pod

To finish

1 lime
500g raspberries
20g sugar

APPLIANCES

Pipping bags
Whisk
Oven



PROCEDURE

Meringue

1. Beat the egg whites until stiff and gradually whisk in the sugar. Then add the icing sugar with a maryse. Pipe meringue into a flower shape and cook it for 10 min at 100 degrees, then for 1 hour at 80 degrees.

Vanilla Chantilly

2. Cut the vanilla pod in two and peel it in the cream. Gradually whisk in the sugar.

To finish

3. Squeeze half of the raspberries with the sugar to obtain a marmalade. Fill the bottom of the meringue flower with marmalade. Add the fresh raspberries and lay a beautiful rose window with chantilly. Peel lime zests on the top of the pavlova.



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NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



MARK YOUR CALENDAR

Gulfood Manufacturing, the MEASA region's largest food and beverage processing and packaging industry event, is back from November 7-9, 2021 at Dubai World Trade Centre. This year, the event will witness four leading shows under one roof. Make your way towards Yummex Middle East, the leading trade fair for producers and manufacturers within the sweets, confectionery and snacks industries. Speciality Food Festival will host powerful collaborations while highlighting the latest discoveries in the gourmet market. Expect everything from artisan produce to speciality beverages, food services and more. If you're launching a new brand, and looking to connect with private label suppliers, brand licensors and contract manufacturers, don't forget to add the Private Label & Licensing Middle East show to your agenda.

For more information on Gulfood Manufacturing and the other shows, visit gulfoodmanufacturing.com.



Renowned French frozen food brand, Picard, has made its way into Marks & Spencer food halls. The collection features canapés, everything you need for your French breakfast fix – crêpes, milk pancakes and mini apple rolls – meals such as organic ratatouille mix, veggie lasagne, plant-based meats, indulgent desserts such as mini eclairs, Tarte tatin, chocolate fondant and more decadent offerings for a hassle-free French spread at home.

The range is available at Dubai Festival City Mall, Mall of the Emirates, Dubai Mall, Yas Mall and the M&S Food application.

THE BEST BITES

WHO LOVES OAT MILK?



Barista by All Good, made especially for the perfect flat white, is blended to make a super-silky micro-foam, stretching beautifully without splitting. Light on oat notes and well milky, it's the perfect addition to not only your coffee but also post work-out smoothies, matcha lattes and whipped coffee drinks. All Good Oat Milk is made with real oats,

squished and squeezed to keep the beta-glucans in. It's also unsweetened, dairy-free, GMO- and soy-free.

AED16.30 on The Goods Collective (thegcco.com).

TASTE OF THE CARIBBEAN



Embark on a culinary journey to the Caribbean with these gourmet recipe kits. Naksha, the homegrown food concept that works with chefs and artists across the globe, unveiled its Caribbean Collection in collaboration with Moreish by K - one of Dubai's most popular

"supper club" chefs. The kits allow people with any level of cooking skill to cook up gourmet Caribbean food at home. Each artsy kit features specialist organic ingredients for a meal for two. All kits are organic, handcrafted, made in small batches, and suitable for both meat-eaters and vegans. The new collection features Ropa Vieja (A smokey red pepper stew from Cuba), Curried Goat or Veg (An island spiced curry with rice and beans from Jamaica) and Oil Down with Spinners and Sinkers (Dumplings in a spiced coconut sauce from Grenada).

From AED42 per kit. The Naksha x Moreish by K Caribbean Collection is available in Spinneys and Waitrose stores across the UAE, and on nakshacollections.com.

HEALTHY MEALS ON DEMAND



The region's first on-demand healthy meal app Count'd, curates healthy meals from leading restaurants in the city. For the first time, health-conscious individuals can choose from nutritious, balanced meals from

prominent restaurants such as Little Erth, Fitness Feedz and BR8 Kitchen, with the option to subscribe from one to three meals per day. You can also connect your fitness tracking wearables, and manage goals, all in one place. Orders can be pre-scheduled for the entire month, with calories and macros accounted for. Furthermore, Count'd is committed to offering complete flexibility through the app where changes to meals, location and delivery timings, can be done up to 10pm the night before. Fuss-free and wholesome meals delivered wherever you like.

Count'd is available on all app stores.



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top buy

From tableware to gifts, here's our list of most wanted items to make dining and entertaining all the more fun



If your tween or teenager is on the hunt for a stylish lunch bag, this Printed top fold-over bag is trendy and convenient. You may want to consider one for yourself too!

AED56 at Next.com.



☝ Coffee enthusiasts, add THREE Coffee's latest offering to your shopping list. The all-new El Salvador Spice Up! in the green flavour category - known for vibrant acidic, floral undertones - lends distinct spicy, fruity, and crisp notes of palate teasing profile. These coffee cherries are left to ferment anaerobically for three days in a brew of yeast, sugars and sweet Arabic spices, imparting a complex aroma of acidity and clarity. The beans are then left to dry for 18-21 days.

AED175 at threecoffee.com. The brews are available at specialty cafes like The Grey, Myocum, My, Airwerks Cafe and Dark Door.



Give your kitchen counter a summer update with this 70's ceramics storage jar, Reef. Ideal for sweet treats, biscuits and even coffee capsules, this retro-inspired jar boasts a silicon ring to seal and keep your snacks and goodies fresh.

AED250 at urbannest.ae.

Perfect for everything from cucumber slices to crisps, this Skip Hop Pug snack cup boasts an easy-grip handle that's perfect for little hands. Food stays fresh due to the snap top lid, while the flexible interior opening keeps food from spilling out. Available in various colours and animal designs.

AED49 at citron.ae



This Silsal Hubb Mini cake stand, crafted from porcelain, will give just about any table an adorable, summer vibe. Decorated with the word "Hubb", which translates to "Love" in Arabic, it's just what we need for cupcakes or a stack of brownies.

AED65 at Bloomingdale's.



making it the first product from a major air purifier brand to demonstrate the results. The germ-fighting machine does plenty more, including pushing clean air through the SpiralAir™ outlets that are uniquely engineered to deliver 360 degrees, omni-directional airflow to quickly circulate more clean air to every corner of the room. Additionally, it offers whisper-silent clean air for a good night's sleep, and smart features through the app like Clean air ETA (estimated time of arrival), Automode and real-time pollutant tracking of fine particles (PM1 -2.5) such as smoke, bacteria and viruses plus coarse particles (PM10) such as dust, pollen and spores, to help you understand how household activities and cleaning product choices are impacting air quality. HealthProtect is easily voice-controlled by Amazon Alexa and Google Home, or remotely via the Blueair app.

Available in two sizes: 38m2 and 62m2. From AED 2,649 at major retailers including Amazon.ae and Niahome.ae.

Flavours of the month

What's hot and happening
around town this month

➤ Bull & Bear, Waldorf Astoria Dubai DIFC



Gather your friends for the newly launched Soul Tuesday evening inspired by "The Genius" himself, Ray Charles. If a flight to the US isn't on the cards just yet, get lost in the delightful sounds of 1950's New

Orleans soul at Bull & Bear. Complete your experience with one of their signature dishes such as Jospier baked scallops in parsley and garlic butter, topped with colourful wakame and a toasted sesame salad, complemented by an array of options from the private cellar.

Every Tuesday from 8-11pm. Contact +9714 515 9888.

➤ Scalini Dubai



Get a feel of summer by the Italian shore, with seasonal specials inspired by a small archipelago of islands on the Amalfi Coast. Curated by Chef Giuseppe Giampietro, the dishes showcase fresh seafood, ripe fruits and Mediterranean

vegetables bursting with invigorating flavours. Served under the gorgeous lemon tree on the temperature-controlled terrace, the menu comprises Fresh burrata served on a bed of pink paradise tomatoes, yellow and red cherry tomatoes, avocado, Taggiasca olives and a homemade pesto sauce, followed by Fritto misto (Fried breaded calamari, octopus, shrimp, zucchini chips served with tartar sauce alla paprika). The Tartare Di Tonno, diced bluefin tuna on a bed of chopped avocado with sea salt and lime zest, as well as Oysters of the day and Carpaccio di Gamberoni (Carpaccio of prawns and avocado) are designed to be shared. The Paccheri Seafood Special (Sautéed clams, mussels, calamari, and prawns in a light cherry tomato sauce topped with bottarga) make a spectacular main, but you can also opt for the Catch of the day with a choice of grilled, salt baked or Guazzetto, served with a rich tomato sauce. In true Italian style, end your meal with an espresso and irresistible pistachio gelato, bomboloni, tiramisu or crème brulee.

Contact +9714 349 0068.

Bull & Bear, Waldorf Astoria Dubai DIFC

Dialogue

There's a new Indian fusion eatery in town, and it's worth making a beeline for. Sited at Majestic Hotel, Dialogue features a modern lounge with contemporary Indian cuisine. Head Chef Avneesh Gautama is the driving force behind the menu, offering bar nibbles such as Desi guacamole papdi chaat (Avocados served on crispy Indian savoury biscuits with chutney) and appetizers such as Dal pakwaan mint air (classic Sindhi lentil dish with tamarind, onions and mint chutney foam). Other dishes to try are the Chicken desi goreng (triple scheswan rice, noodle and gravy) and Chef's special Mascarpone makhani risotto (vegetables and mascarpone risotto tossed in tomato gravy). An Indian meal isn't complete without desserts, so do try the Chai crème brulée (Chai flavoured crème brulée with cookies) and fruit chaat (airy sweet yogurt with spiced fruits) among other dishes.

Contact +9714 259 6036.



Boardwalk, Park Hyatt Dubai

Diners can experience the all-new tasting menu featuring new additions such as Roasted figs, octopus crudo and watermelon with feta. For entrées, take your pick from the grilled sea bream, Prawn and scallop risotto, and Homemade corn tortellini, paired with grape. For the finale, you can't beat an indulgent Tiramisu and Absolute Valrhona chocolate, while taking in the gorgeous views of Creekside and Old Dubai.

AED280 for the two-course tasting menu and AED350 for three courses. Contact +9714 205 4647.

👉 **Tasca by José Avillez**

Portuguese flavours will liven up your next weekday dining experience, thanks to this three-course summer lunch menu. Whet your appetite with freshly baked bread and lupini bean hummus, followed by three small bites including tempura cod cake, Wagyu or tuna tartare cone and tempura avocado. Mains feature Portuguese Piri piri chicken and Bacalhau à Gomes de Sá, and for desserts, traditional Pastel de nata with coffee ice cream or sorbet for a cooling treat.

Sunday to Thursday. AED135 per person.
Contact +9714 777 2231.



👉 **Li Jiang**

Make your way down to The Ritz-Carlton Abu Dhabi, Grand Canal for their Asian street food brunch. Spice aromas fill the air as you end your weekend with this indulgent brunch featuring Korean BBQ, sushi, fried noodles and other culinary classics. An extensive list of special Asian-inspired drinks is also available.

Saturdays from 1-10pm. AED225 per person inclusive of soft drinks, AED360 inclusive of house grapes and hops and AED480 inclusive of special beverages and bubbles. Contact +9712 818 8282.





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simplykitchenstores

Tried & tasted

Our top dining experiences this month



ASIL, RIXOS PREMIUM DUBAI

Walking through the lobby of the majestic Rixos Premium Dubai, is the slightly tucked away Asil. From the moment we stepped in, we were captured by the glittering interiors, an impeccable blend of traditional and contemporary tones.

Adorned with rich fabrics and antique décor, the enchanting space captivates your attention throughout. Expect to walk into an effortlessly chic restaurant, lounge and terrace, or a spectacular nightlife space. Diners can choose to be seated in an intimate booth, at a casual table by the bar, or if the weather permits, al fresco.

Promising the very best of the Orient's treasured gastronomy, we couldn't wait to whet our appetite.

The highlights:

After a quick walkabout around the premises, we were shown to our table just by the private lounge area. In no time, a tray of bites appeared with olives from Turkey, almonds from Lebanon and cucumber slices from Morocco - we were impressed with the diversity of the spread.

We highly recommend Asil's Mezze Platter with the chef's selection of five cold mezze, to begin with. The extremely generously portioned Arabesque tray includes nibbles such as the creamiest hummus, muhammara and moutabel; a gently spiced taktouka; and my personal favourite, vine leaves stuffed with rice, caramelised onions, oriental spices, sour cherry and pine nuts. A side of hot and crisp cheese rolls perfectly complemented the mezze platter.

If you appreciate a good salad, opt for the Gavurdağı Salad with fresh and juicy diced tomato, green peppers, red

onions, parsley and walnuts, topped with a drizzle of pomegranate molasses and the rich, flavourful Ezine cheese. Suffice to say, the bowl was wiped clean.

The beverage menu is filled with interesting flavour profiles and serving styles from the famous districts of Beirut, Istanbul, Marrakesh and Casablanca. We tried punchy sips infused with Moroccan tea, cinnamon syrup, house made rosemary cordial, apricot jam, melon and zaatar. All while a musician filled the venue with melodious tunes on a clarinet.

Mains followed with a Lebanese-inspired Shish taouk with fries, garlic arayees and grilled portobello mushrooms, an off-the-menu dumpling dish, Manti, and a summer special, Beef and lamb meatballs tagine. A tip, do check with your server for any seasonal surprises. A bite into the popular Manti, we were transported back to our trip to Istanbul. We were informed that the dish would be part of the restaurant's main menu soon; a decision we whole heartedly support. The Tagine was sublime and hearty for a substantial entrée.

We were stuffed by this point, but how could we say no to Umm Ali, the Asil way? Put together with brioche, raisins,

rose petals and a side of maras ice-cream with pistachio, dessert was an indulgence not to be missed.

The verdict:

Asil is a must-visit for a slice of Turkish, Lebanese and Moroccan cuisine in Dubai. Be it with family, close friends or even your favourite person, the space offers remarkable food with unrivalled views of the Ain Dubai on Bluewaters Island.

Book now:

Daily from 1pm-2am. Call +9714 520 0055, WhatsApp +97152 160 0333 or email dine@asilrestaurant.com. Visit asilrestaurant.com.





LA CASA DEL TANGO

Get ready for an experience like no other at this brand-new venue at the heart of DIFC. La Casa del Tango is best described as an Argentinian confluence of food, music, dance and culture. Launched by artist, dancer and choreographer, Enrique Macana from Buenos Aires, Argentina, the entire experience represents his love and passion for the artform.

The space combines perfectly timed tango dance shows amidst a restaurant and bar setting. Diners are entertained, but not disturbed, as the evening is perfectly balanced with intimate conversations and jaw-dropping theatrics. Take a stroll through the venue and notice the intricate details in every nook and corner. Spot the large wrought iron balcony railing and artistic wall carvings, similar to the setting in Buenos Aires; the majestic Instagram-worthy bar and key Argentinian

mementos around the venue, ranging from records to Diego Maradona's football boots.

If Macana is around, try and get a quick chat in. He proved to be a welcoming host and an amazing conversationalist – taking us through every single aspect of the venue, right from the décor's inspiration to the food and drink, and the show itself. Besides the food and beverages, highlighted below, the shows are thrilling, with absolute finesse, talent, skill and humour in each performance.

The highlights:

The menu comprises Argentinian cuisine with Head Chef and Master Asador, Jorge Rivero at the helm of the kitchen. Towards one end of the dining room is a hand-built "domo" – the first of its kind in the Middle East – which features a modern way of slow cooking meat with wood fire, for that added smoky flavour and tenderness.

The straight-forward menu features classic, no-fuss Argentinian fare. We began our meal with the must-try Chorizo Parrillero with Provolone (a rolled sausage with cheese), and Beef empanadas. The empanadas were substantial; while the dry-cured sausage was packed with flavour and topped with melted cheese, enough to negate any effects of their delectable signature sips. Be warned the portions are generous, so make sure you pace yourselves.

Mains arrived in the form of a 250g Bife Ancho (ribeye steak) with a side of truffle mash potatoes and chimichurri sauce; and Argentinian style Tira de Asado al Asador (short ribs). The Trio de Flanes, and of course the Churros with dulce de leche, proved to be the perfect encore to a beautiful evening. Once again, generous portions so consider sharing courses unless you're absolutely ravenous.

The verdict:

Embark on a sensory journey for a romantic, cosy and wholesome date night. Ensure you book well in advance and request one of the tables right in front of the stage.

Book now:

Saturday to Friday from 8-1am. Call +9714 583 0412 or WhatsApp +97152 486 9301. Visit lcdtango.com.

ISOLA RISTORANTE ITALIANO

The newly renovated lifestyle destination, Jumeirah Islands Clubhouse, houses within it the Isola Ristorante. Why does it stand out? It offers Mediterranean-style hospitality matched with tantalising Italian cuisine.

A short walk across a scenic bridge takes you straight into a picture-perfect and timeless venue, complete with jade lounges, a white marbled bar and floral aesthetics.

The highlights:

Isola Ristorante celebrates down-to-earth, coastal Italian cuisine. Perhaps something you'd find in your nonna's kitchen, but with a contemporary twist. Diners can expect the perfect marriage of Mediterranean and Italian ingredients with flavour profiles credited to the southern Italian heritage of head chef Francesco Bagnato.

The antipasti offered plenty for veggie, seafood, beef and dairy lovers. We began with Carpaccio di Fassona and a classic Calamari fritti. The Fassona beef was lean and tender with a delicate flavour, amplified by the addition of summer truffles. The calamari was seasoned with paprika and served with a side of lime-mayo, each bite offering the perfect crunch and burst of flavour.

Pause to sip on the venue's creatively crafted concoctions with surprising sorbets (yes, sorbets) and infusions of coconut, elderflower, lemon and homemade marmalade. Not only refreshing, the flavours were subtle and delightful too.

Perusing the menu once again, we spotted a Ravioli di ricotta e spinaci which was too tempting not to try. I'm glad we did, because it was a stunner. The sage butter with a lavish topping of freshly grated parmesan proved to be the perfect comfort food. Although we shared one portion, I'm confident I could polish the whole serving.

My dining partner opted for the Grilled octopus with celeriac purée, while I chose the Grilled sea bream with Sicilian dressing for mains. A word of advice, the sea bream was slightly bland for my liking, but if it's an authentic fish dish you're after, we highly recommend it. The skin was



crisped to perfection with tender flesh. My partner was a big fan of the octopus, with it being delightfully succulent and meaty, with an off-the-charts flavour profile. If you've been disappointed with your octopus elsewhere, rest assured that Isola Ristorante will remedy that.

If you must choose just one dessert to share, pick the La seadas al miele - Sardinia's traditional folded pastry with a drizzle of honey and a scoop of vanilla ice-cream. It was unreservedly decadent and we enjoyed every last crumb.

The verdict:

A sophisticated but unpretentious charming Italian eatery that will bring to you the culinary customs and timeless classics of Sicily, Sardinia and

Capri. Ideal for a hearty family meal, a mid-week catch up with friends or a relaxed night out.

Book now:

Daily from 8am-11pm. Call +9714 583 3124, email info@isolarestaurant.com or visit isolarestaurant.com.

COOKING PROJECT

Mango chutney

Spend some time making this mango chutney and capture summer in a jar. We've used a classic blend of aromatics and spices, but you can adjust it to suit your own taste. Serve alongside curries, with cheese or in sandwiches, toasties and kebabs. It makes a great gift for family and friends.

Mango chutney

MAKES 3 x 300ml jars
PREP 15 mins **COOK** 2 hrs
EASY V

6 firm but ripe mangoes (about 1.5kg)
500ml white wine vinegar
450g granulated sugar
1 tbsp cumin seeds
2 tsp coriander seeds
10 cardamom pods
2 tsp nigella seeds
½ tsp cayenne pepper
½ tsp turmeric
3 garlic cloves, crushed
8 whole cloves
thumb-sized piece of ginger, grated
1 large red chilli, deseeded and finely chopped

1 Peel the mangoes and chop the flesh into blueberry-sized pieces. Pour the vinegar and sugar into a large pan and simmer gently, stirring until the sugar has dissolved. Increase the heat and bubble for 8-10 mins until reduced a little. Meanwhile, toast the cumin, coriander and cardamom in a dry pan until aromatic.

2 Using a pestle and mortar, gently crush the toasted spices, leaving some texture. Remove the cardamom pods, leaving the seeds in the spice mix, then add to the vinegar mix along with the mangoes, the rest of the ingredients and 2 tsp salt. Simmer over a medium heat for 1 hr 15 mins-1 hr 35 mins,

until thick and syrupy. Leave to stand for about 10 mins.

3 Transfer the chutney into sterilised jars while still hot. Seal the jars and leave to cool, then add labels. *Store in a cool place for up to two years – the chutney will be best eaten after a few months, when the flavours have melded and mellowed.*

GOOD TO KNOW gluten free
PER TBSP 35 kcal • fat 0.1g • saturates none •
carbs 8g • sugars 8g • fibre 0.3g •
protein 0.2g • salt 0.1g

TWISTS

● **Mango & lime chutney** Add the juice of 4 limes and 1 quartered and very finely sliced lime to the raw mix, then cook as stated.

● **Mango chilli chutney** Make it extra spicy by upping the amount of chillies in it from 1 to 4, or by using the much hotter, smaller red chillies.

USE IT UP

● **Sticky chicken** Next time you make sticky barbecue chicken or ribs, add mango chutney instead of honey to your marinade or glaze.

● **Cheese & chutney toastie** If you like a cheese and fruit combo, spread mango chutney over the bread and top with cheese before toasting.



Photographs: ISTOCK/GETTY IMAGES PLUS



MYTH BUSTER

Fruity cakes

THE MYTH

TOSSING BERRIES IN FLOUR WILL PREVENT THEM FROM SINKING IN A MUFFIN OR CAKE

BERRIES are just as prone to gravity as the rest of us, unfortunately, so this baking myth is one that we can definitely leave on the shelf. Although tossing berries in a light dusting of flour will help stop their juices bleeding into a cake, there's not much evidence that it will halt

the sinking if your batter is too thin. Fruity cake recipes should have a batter that is thick enough to suspend the berries in the sponge. With muffins, help them along by spooning a little plain batter in the bottom of each case, then add the rest (with fruit mixed in) on top.

CLEVER KITCHEN HACKS

Rolling pastry

When you make pastry, the instruction is often to roll it into a ball before resting and chilling. If you shape it into a flat round disc rather than a ball, it makes rolling it out, after chilling, so much easier.



SURPRISING FLAVOUR COMBINATIONS

YES IT WORKS!

Marmite might not be everyone's cup of tea, but when this rich umami spread is mixed with cream cheese, it mellows the intensity. Spread it on toasted bagels, crumpets or in finger sandwiches for children's lunchboxes or as a quick and easy snack.



cream cheese



Marmite



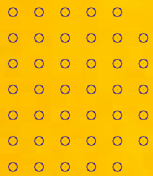


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healthier
■ easiest ever midweek meals
page 20



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healthier

easiest ever midweek meals

If you have a busy week looming, plan ahead with these low-effort, everyday meals, packed full of colourful, nutritious ingredients

recipes LIBERTY MENDEZ *photographs* LOUISE HAGGER

Kale pesto & chicken
gnocchi

your shopping list

MEAT & FISH

250g cooked chicken breast
400g boneless and skinless
cod loin

DAIRY & CHILLED

200g light crème fraîche
2 tbsp parmesan
100g low-fat soy yogurt ♦
300g gnocchi

VEGETABLES

65g kale
100g spinach
5 garlic cloves
1 red onion
4 white onions
2 large cooked beetroot
200g rocket
300g sugar snap peas
2 small aubergines
200g long-stemmed
broccoli
100g radishes
4 spring onions

OILS

40ml olive oil
1½ tbsp sesame oil
3 tbsp rapeseed oil
50ml extra virgin olive oil

CITRUS

3 limes
2 lemons

STORECUPBOARD

15g pine nuts
1 vegetable stock cube
200g quinoa
50g plain flour
2 tbsp milled flaxseed
325ml light coconut milk ♦
400g brown basmati rice
4 wholemeal pittas
400g can chickpeas
1 tbsp chipotle paste ♦
200g straight-to-wok
udon noodles
½ tbsp low-salt soy sauce
75g kimchi
2 large eggs
3 tbsp tahini

HERBS

small bunch of
basil and

coriander

SPICES

1 tbsp cumin seeds
½ tbsp turmeric
1 tbsp garam masala
½ tsp cayenne
2 tsp black sesame seeds
1 tsp chilli flakes
2 thumb-sized pieces
of ginger
1 red chilli

FROZEN

500g frozen peas

Turmeric, ginger &
coconut fish curry

Kale pesto & chicken gnocchi

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

For the pesto

65g kale, washed and roughly chopped
100g spinach
1 small garlic clove, roughly chopped
1 lemon, zested and juiced
½ small bunch of basil, plus extra leaves to serve
15g pine nuts
1 tbsp parmesan, plus extra to serve
25ml olive oil

For the bake

250g cooked chicken breast, shredded
200g frozen peas
50g light crème fraîche
150ml vegetable stock
300g gnocchi

1 Bring a medium saucepan of water to the boil and set aside a bowl of ice-cold water. Put the kale and spinach in the boiling water and cook for 2-3 mins until softened. Remove with a slotted spoon and lower into the cold water. Drain, then squeeze out the excess water.
2 Tip the greens into a food processor with the garlic, lemon

juice and zest, basil, pine nuts, parmesan and olive oil, then blitz until smooth. Season lightly.

3 Tip the pesto into a saucepan with the chicken, peas, crème fraîche and stock, and bring to the boil. Tip in the gnocchi and cook for 3-4 mins until cooked through. Scatter over the extra basil leaves and grate over some parmesan to serve.

GOOD TO KNOW balanced • low cal • calcium • folate • vit c • 1 of 5-a-day
PER SERVING 417 kcals • fat 18g • saturates 6g • carbs 31g • sugars 4g • fibre 5g • protein 31g • salt 1.6g

Turmeric, ginger & coconut fish curry

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

1 tbsp olive oil
2 onions, finely sliced
thumb-sized piece of ginger, grated
½ tbsp turmeric
1 tbsp garam masala
½ tsp cayenne
325ml light coconut milk
400g boneless and skinless cod loin, cut into chunks
300g frozen peas
300g sugar snap peas

400g brown basmati rice, cooked, to serve
1 red chilli, finely sliced
1 lime, cut into wedges, to serve

1 Heat the oil in a large saucepan over a medium heat, then fry the onion for 8 mins until translucent. Stir in the ginger and spices, and cook for another minute. Pour in the coconut milk and 100ml water, stir, then simmer for 10 mins.
2 Add the cod, frozen peas and sugar snap peas, and simmer for 5 mins until the fish is flaky. Serve with the rice, sliced chilli, a good grinding of black pepper and some

lime wedges on the side for squeezing over.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 409 kcals • fat 12g • saturates 6g • carbs 44g • sugars 11g • fibre 7g • protein 28g • salt 0.3g



Chipotle chickpeas
with aubergine

Chipotle chickpeas with aubergine & pitta

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

4 wholemeal pittas, cut into triangles
150g light crème fraîche
3 tbsp tahini
2 limes, zested and juiced, plus extra zest and wedges to serve
2 garlic cloves, crushed
For the topping
1 tbsp rapeseed oil
1 onion, finely chopped

2 small aubergines, finely sliced
400g chickpeas, drained
1 tbsp chipotle paste
½ small bunch of coriander, roughly chopped, plus extra to serve

1 Heat the oven to 200C/180C fan/gas 6. Lay the pittas in a single layer on a baking tray and toast for 10 mins until crisp.
2 Meanwhile, make the topping. Heat the oil in a large frying pan and fry the onion and aubergine over a medium heat for 10 mins until softened. Add the chickpeas and chipotle paste, and cook for another 5 mins. Remove from the

heat and stir in the coriander and some seasoning.

3 Whisk together the crème fraîche, tahini, lime juice and zest, and garlic in a bowl, along with 50ml water to loosen.

4 To serve, top the toasted pittas with the tahini lime sauce, pile on the aubergine and chickpeas and finish with a sprinkling of coriander, the extra lime zest and lime wedges.

GOOD TO KNOW balanced • low cal • folate • fibre • 2 of 5-a-day
PER SERVING 426 kcs • fat 18g • saturates 6g • carbs 45g • sugars 7g • fibre 11g • protein 15g • salt 0.8g

Kimchi sesame udon noodles

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY** **V**

200g straight-to-wok udon noodles
1½ tbsp sesame oil
1 onion, halved and finely sliced
thumb-sized piece of ginger, grated
200g long-stemmed broccoli, stalks sliced
75g kimchi, finely chopped
100g radishes, finely sliced
4 spring onions, sliced
½ tbsp low-salt soy sauce

2 large eggs
2 tsp black sesame seeds
1 tsp chilli flakes (optional)

1 Put the noodles in a sieve over the sink and pour over a kettle of boiling water. Toss to separate, then leave to drain.
2 Heat 1 tbsp of the sesame oil in a large frying pan over a medium heat. Add the onion and ginger, and fry for 5 mins until softened slightly. Add the broccoli, kimchi and radish, and continue to fry for 5 mins. Stir in the drained noodles, spring onions and soy sauce.

3 Meanwhile, put the remaining ½ tbsp oil in a small frying pan and fry the eggs for 3 mins, or until cooked to your liking. Serve the noodles in bowls with an egg on top, and sprinkle with the sesame seeds and some chilli flakes, if you like.

GOOD TO KNOW balanced • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 408 kcs • fat 18g • saturates 4g • carbs 36g • sugars 9g • fibre 10g • protein 21g • salt 1.7g



Vegan beetroot & quinoa burgers

SERVES 4 **PREP** 15 mins plus sitting **COOK** 30 mins **EASY** **V**

2 tbsp rapeseed oil
1 red onion, finely chopped
1 tbsp cumin seeds
2 garlic cloves, finely chopped
200g quinoa, cooked
2 large cooked beetroot (150g), finely grated and liquid reserved
50g plain flour
2 tbsp milled flaxseed
½ small bunch of coriander, plus a few leaves to serve

For the salad

25ml beetroot preserving liquid
½ lemon, juiced
100g low-fat soy yogurt
50ml extra virgin olive oil
200g rocket

1 Heat the oven to 220C/200C fan/gas 7. Put 1 tbsp of the rapeseed oil in a small frying pan and tip in the onion, cumin and garlic, then fry over a medium heat for 8 mins until softened and golden. Tip into a bowl. Add the cooked quinoa, beetroot, flour, flaxseed and coriander, and mix until combined. Season lightly. Leave to sit for 5 mins to bind.

2 Divide the mixture into four – it will be quite loose – then, using wet hands, shape them into patties. Put the burgers on a lined baking tray and put in the oven for 15 mins. Turn them over and cook for another 10 mins.

3 Meanwhile, make the salad dressing. Whisk together the beetroot liquid, lemon juice, yogurt and oil, and season.

4 To serve, pile the rocket onto plates and place a burger on top. Drizzle over the dressing and scatter over the extra coriander.

GOOD TO KNOW • vegan • healthy • low cal • folate • fibre • 1 of 5-a-day • gluten free

PER SERVING 342 kcals • fat 22g • saturates 3g • carbs 25g • sugars 5g • fibre 6g • protein 8g • salt 0.2g

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DUKES
THE PALM

two ways

chicken stew

Two members of the Good Food team
share their favourite one-pot recipes

recipes CASSIE BEST and ESTHER CLARK photographs MIKE ENGLISH



cassie

I like a robust stew with a bit of punch, and when chicken is on the menu, smoked paprika is my spice of choice. It adds smoky depth, which is balanced perfectly here with the sweet tomatoes. Beans bolster the dish, making a meal of what could otherwise be a soup, plus

greens pack in some nutrients. A hearty bowl of chicken stew should always come with something starchy for soaking up the juices. My carb of choice here is a wedge of bread – if it's slathered in garlic butter, all the better.

Cassie Best, food director

I've used kale, but cabbage or cavolo nero would also work well if you prefer.



esther

Chicken casserole is a childhood throwback for me, conjuring up memories of nights at my nan's dining room table with saucy bowls of stew and fat dumplings to soak it all up. I've added shredded ham to mine, which works

fantastically with the punch of English mustard powder in the dumplings. The key to light and fluffy dumplings is not to over-handle them; be light with the mixture and don't work it too much. If you like your dumplings squidgy, don't remove the lid. On the other hand, if you enjoy a slightly crisp exterior, leave the lid off for the final 10 minutes of cooking.

Esther Clark, deputy food editor

For crisp, golden dumplings, remove the casserole lid for the final 10 minutes of cooking.



Smoky chicken, bean & kale stew

SERVES 4 **PREP** 10 mins

COOK 1 hr 25 mins **EASY** ✨ 📖

1 tbsp olive oil
8 boneless and skinless chicken thighs
80g cubed pancetta or smoky bacon lardons
1 large red onion
4 garlic cloves
2 tsp smoked paprika
2 bay leaves
1 tbsp red wine vinegar
2 x 400g can plum tomatoes
1 tsp caster sugar
1 chicken stock cube
400g can cannellini or butter beans, drained
100g kale, stripped from the stalk and roughly chopped
garlic bread, to serve
drizzle of extra virgin olive oil (optional)

1 Heat the oil in a large casserole pan. Tip in the chicken and cook for a few minutes each side until golden brown – do this in batches so you don't overcrowd the pan. Remove the chicken and set aside.

2 Put the pancetta in the pan and cook for 5 mins until starting to crisp. Push to one side and add the onion, cooking until softened, about 8 mins. Stir in the garlic and cook for another 1 min.

3 Add the paprika, bay, vinegar, tomatoes and sugar, then crumble in the stock cube. Add two cans full of water (800ml), season well and return the chicken to the pan. Cover and simmer over a low heat for 30 mins – bubbles should only break the surface now and then.

4 Uncover the pan and cook for another 30 mins until the stew has reduced to a rich broth. The tomatoes should have broken down by now, but if they're still quite chunky, squash them with

the back of a wooden spoon. Use two forks to pull apart the larger chunks of chicken.

5 Stir the beans and kale into the stew, cover with a lid and cook for 5 mins to wilt the kale and heat the beans through. Serve in deep bowls with chunks of garlic bread and a drizzle of good extra virgin olive oil, if you like. *To freeze the stew, leave to cool completely, then transfer to a freezerproof container. Will keep for up to three months. Defrost thoroughly, then reheat until piping hot.*

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day

PER SERVING 403 kcs • fat 17g • saturates 4g •

carbs 23g • sugars 13g • fibre 8g • protein 36g • salt 1.6g

Chicken & ham casserole with mustardy dumplings

SERVES 4-6 **PREP** 20 mins

COOK 1 hr 30 mins **EASY** ✨ 📖

1 tbsp sunflower oil
1 tbsp butter
1 onion, chopped
2 leeks, thickly sliced
2 carrots, peeled and chopped
6 boneless, skinless chicken thighs, cut into chunky pieces
200ml non-alcoholic cider
800ml hot chicken stock
½ bunch of thyme, tied
1 tbsp cornflour
150g ham hock or cooked gammon, shredded into chunky pieces
100g frozen peas
1 tbsp English or Dijon mustard
For the dumplings
200g self-raising flour
¼ tsp baking powder
2 tbsp English mustard powder
100g suet or cold butter, grated
½ small bunch of parsley, finely chopped

1 Heat the oil and butter in an ovenproof casserole over a medium heat. Add the onion, leeks and carrots and a pinch of salt, and fry gently for 10 mins until softened and translucent. Add the chicken, turn up the heat and fry for 5 mins. Pour in the non-alcoholic cider, cook for 3 mins, then pour in the chicken stock and add the bunch of thyme. Bring to a simmer, season to taste, then reduce to a low heat and cover the pan. Cook for 30 mins.

2 Heat the oven to 180C/160C fan/gas 4. Make the dumplings by mixing together the flour, baking powder, mustard powder, the suet or butter, parsley and ½ tsp salt. Swiftly mix in 8-10 tbsp of water and bring together with your hands. The dough should be firm and pliable. Divide into eight equal-sized pieces, weighing for accuracy if you like.

3 Remove the bunch of thyme from the stew and discard. Spoon a little of the liquid into a bowl and mix with the cornflour, then stir the mixture into the casserole. Add the ham hock, peas and mustard. Arrange the dumplings on top of the stew, then put in the oven, covered, for 30 mins. Remove the lid and cook for a further 10 mins until the dumplings are puffed up and golden brown. Serve in bowls. *To freeze the stew, leave to cool completely, then transfer to a freezerproof container. Will keep for up to three months. Defrost thoroughly, then reheat until piping hot.*

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING (6) 517 kcs • fat 26g • saturates 12g •

carbs 39g • sugars 7g • fibre 6g • protein 27g • salt 2.6g

friday night treat

spiced
sticky wings

Our clever recipe will give you crisp hot wings straight from the oven – there's no need for deep-frying

recipe BARNEY DESMAZERY

photograph JONATHAN GREGSON

Honey & sriracha
hot wings

Deep-frying anything other than a portion or two is too much hassle for me on a Friday night, but my family is crazy for sticky chicken wings. They're normally deep-fried, so I've come up with a recipe that makes crisp and delicious wings without the fuss. You can keep them unglazed if you prefer – either way, this roasting method is a game-changer. Baking powder is the magic ingredient, making the chicken skin blister quickly, while the cornflour forms a crispy crust.

SERVES 4 **PREP** 10 mins plus at least 2 hrs chilling **COOK** 50 mins **EASY**

- 1 tsp smoked paprika
- 1 tsp garlic granules
- 2 tbsp baking powder
- 1 tbsp cornflour
- 16 chicken wings (about 1.5kg)
- 2 tsp sesame seeds (optional)

For the glaze

- 1 tbsp cider vinegar
- 3 tbsp honey
- 4 tbsp sriracha

1 Mix the paprika with the garlic granules, baking powder, cornflour, 1 tsp sea salt flakes and a good grinding of black pepper. Tip the chicken wings into a large bowl, scatter over half the seasoning mix and toss to coat. Scatter with the rest of the seasoning mix and toss again until completely coated.

Cover the wings and keep chilled for at least 2 hrs, or up to 24 hrs.
2 Heat the oven to 230C/210C fan/gas 8 and line a large shallow roasting tin with baking parchment. Arrange the wings in a single layer, fleshy-side down, and roast for 20 mins, then turn over and roast for another 25-30 mins until the skin is blistered and crisp.
3 Meanwhile, whisk the glaze ingredients together in a small bowl until smooth. Remove the wings

from the oven and brush liberally with the glaze, then scatter over the sesame seeds, if using. Roast for another 8-10 mins until the glaze is bubbling and starting to char a little. Serve straight from the roasting tin or pile onto a plate for everyone to dig in.

PER SERVING 367 kcs • fat 17g • saturates 5g • carbs 25g • sugars 18g • fibre 1g • protein 28g • salt 4.1g

gf tip

Whole wings are easier to pick up and hold, but if you prefer American-style 'winglets', cut the wings in half through the joint and remove the wing tips.

reduce waste

use up your leftovers

Discover how to make our recipes stretch further,
plus tips for storecupboard odds and ends

QUICK WAYS WITH

Mascarpone or soft cheese

If you make chocolate cake, you might be left with some extra cheese. Here are five ideas for using it up.

Stir the mascarpone into a **tomato pasta sauce** with a handful of **basil** before tossing through cooked pasta.

Beat fresh **pesto** and **parmesan** into the mascarpone, then spread this over a sliced **baguette** for a cheesy snack with a hint of garlic.

Whip a shot of cooled **espresso** and **3 tbsp icing sugar** into the mascarpone and serve with chocolate cake or tart.

Bake a carrot cake, then beat **honey** and **orange zest** into the mascarpone to ice it. Decorate with **chopped nuts**.

Mix chopped leftover **herbs** with **crushed garlic**, seasoning and some mascarpone, then spread under the skin of a **whole chicken** and roast.





USE IT UP

Don't waste any of the ingredients from our midweek meal shopping list

VEGAN IDEAS WITH

◆ low-fat soy yogurt

Creamy vegan mushroom pasta

Cook some **pasta**. Drain, reserving a mugful of the water. Fry some **sliced mushrooms** and **garlic** in **olive oil**, then combine with a splash of the reserved water and enough **soy yogurt** to make a rich, creamy sauce.

You can add any leftover **basil**, too.

Lemon soy yogurt dressing

Mix the **soy yogurt** with **lemon juice** or **vinegar** and seasoning to make a vegan dressing for slaws or potato salads.

Greek-style soy yogurt breakfast bowl

Spoon **soy yogurt** over **chopped fruit**, drizzle with **honey** and sprinkle with **toasted nuts** (pine nuts would be great).

Soy yogurt & herb dip

Mix **soy yogurt** with **finely chopped coriander stalks**, some **finely sliced spring onions**, **lemon zest** and a little **finely grated garlic** for a vegan herb dip.

STORECUPBOARD HEROES

◆ Chipotle paste flavour boosters

We're very fond of chipotle paste, because it's an easy way to add mild heat and smokiness to a dish. It can be used in lots of everyday ways.

Chipotle mac & cheese

Add a spoonful of **chipotle paste** to your regular **cheese sauce** for a spicy mac & cheese. You can use it in place of the usual additions of mustard or cayenne.

Easy smoky beans

Spice up **baked beans** by stirring in some **chipotle paste**, to taste, as you heat them.

Chipotle wedges

Toss **potato wedges** in **vegetable oil** and **chipotle paste** before roasting.

Chilli ketchup

Run out of chilli sauce? Simply mix some **chipotle paste** through **ketchup** to turn it into a spicy sauce for spreading or dipping. Or, use it as a glaze for barbecued meats like ribs or sausages.



WHAT TO DO WITH

◆ 75ml coconut milk

If you've got a large splash of coconut milk left in the can, tip it out into a reusable plastic container before chilling or freezing. It will keep chilled for up to three days or frozen for three months. Here are some ways to incorporate it into your week.



Coconut rice Next time you cook rice, replace some of the water with coconut milk for a stickier, coconut-flavoured rice.

Coconut porridge Swap some of the milk you use in your morning porridge with coconut milk.

Coconut dhal Enrich cooked dhal by swirling in some coconut milk at the end.

Coconut pancakes Replace some of the milk in your favourite fluffy pancake recipe with coconut milk.

GOOD FOOD & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



SUNSHINE BERRIES, p35



FRESH WAYS FOR FRIDAYS

Fish for friends, p52



DIANA HENRY

Roasted peppers, p58



TOM KERRIDGE
SIZZLING
SUMMER, p46




Embrace the best of berries,
whether it's a punnet of
juicy, tangy raspberries or a bounty
of sweet strawberries

recipes BBC GOOD FOOD TEAM *photographs* KAREN THOMAS

Sunshine berries

Raspberry & dark chocolate cheat's ice cream terrine

*For a dessert that's incredibly easy, with ice cream that doesn't need churning, you must try this terrine. It's layered with crisp dark chocolate and marbled with a zingy raspberry purée. Prepare it ahead, ready to take out of the freezer when you want to impress. **Liberty Mendez***

SERVES 8-10 **PREP** 20 mins
plus at least 8 hrs freezing
COOK 3 mins **EASY** 

225g raspberries
1 tbsp caster sugar
½ lemon, juiced
400ml double cream
1 tbsp vanilla paste
275g condensed milk
200g dark chocolate, melted
and cooled slightly, plus extra
for topping

1 Line a 900g loaf tin (ours was 9cm x 20cm x 7cm) with two sheets of overlapping baking parchment, leaving some overhanging on all sides of the tin. Put 175g of the raspberries, the caster sugar and lemon juice in a pan over a medium heat and simmer for 3 mins until softened slightly. Tip into a food processor or use a hand blender to blitz until smooth.

2 Whisk the double cream, vanilla and condensed milk using an electric whisk until soft peaks form. Pour in the raspberry purée, then stir carefully a few times to marble the raspberry through the cream.

3 Tip the remaining raspberries into the base of the lined tin. Cover with a third of the cream mixture, spreading it out evenly. Tap the tin down on a surface so that the mixture covers the raspberries. Using a spoon, drizzle over half of the melted chocolate to cover the cream. Top with another third of the cream mixture and spread it out. Drizzle over the remaining chocolate and top with the remaining cream.

4 Use the overhanging parchment to cover the top of the tin, using more parchment if it doesn't cover the terrine completely, and freeze for at least 8 hrs, or overnight. Before serving, let the ice cream sit at room temperature for 10 mins. Tip upside down and remove from the tin, and drizzle with a little more melted chocolate to decorate. Run boiling water over your knife, wipe dry, and slice to serve.

PER SERVING (10) 416 kJals • fat 31g • saturates 19g •
carbs 28g • sugars 26g • fibre 2g • protein 4g •
salt 0.1g

tips

USE UP ANY LEFTOVERS

You can add condensed milk to your morning coffee as a creamy luxurious treat. You can also turn it into a caramel by simmering the condensed milk over a low heat until it turns dark and thick.

IF YOU HAVE A BLOWTORCH

you can use it to heat the sides of the tin to help easily release the terrine.

TWIST IT

- **LEMON & BLUEBERRY TERRINE** Swap the raspberries for blueberries and add the zest of 2 lemons to the cream mixture.



Berry brownie pavlova cake

*Ideal for a summer celebration, this towering stack has indulgent layers of squidgy chocolate brownie cake, chewy meringue, fresh cream and tangy berries. **Cassie Best***

SERVES 12 **PREP** 30 mins plus cooling **COOK** 1 hr 15 mins
MORE EFFORT **V**

For the brownie cake

175g dark chocolate, finely chopped, plus extra shavings for the top (optional)
200g butter, softened, plus extra for the tin
2 eggs, plus 2 yolks
50g caster sugar
150g light brown soft sugar
175g plain flour
25g cocoa powder
1½ tsp baking powder
2 tbsp milk
50g Greek yogurt

For the meringue

2 egg whites
100g caster sugar
1 tsp cornflour

For the filling and topping

500g mixed berries (we used strawberries and raspberries)
300ml double cream
1 tbsp icing sugar

1 Melt the chocolate in a bowl over a pan of gently simmering water, ensuring the bowl doesn't touch the water, or in short bursts in the microwave, then set aside to cool a little. Butter two 20cm loose-bottomed deep cake tins and line the base and sides with baking parchment. Heat the oven to 160C/140C fan/gas 3.

2 Put all the brownie ingredients, including the melted chocolate, in a bowl, then beat with an electric whisk until well mixed. Divide between the cake tins and level the tops using the back of a spoon or a palette knife.

3 Work quickly to make the meringue, ensuring your whisks and bowl are entirely clean and grease-free (or the egg whites won't whip up to their full volume). Put the egg whites in the bowl and whisk for a couple of minutes until stiff. Add the sugar, a spoonful at a time, whisking continuously to stiff peaks, then whisk in the cornflour. Use a spoon to dot the meringue all over the top of one of the cakes, then using the back of the spoon, spread it to the edge of the tin, being careful not to disturb the cake mixture underneath. Make nice swirly dips and peaks as you spread.

4 Bake both cakes for 45 mins, then remove the cake without the meringue topping and quickly close the oven door. Cook the meringue-topped cake for a further 30 mins, then remove from the oven and leave both cakes to cool completely in their tins.

5 Slice any strawberries (if using), keeping a few with stalks on for the top of the cake. Whisk the cream and icing sugar to soft peaks. Remove the brownie base cake from its tin and peel off the baking parchment. Place it on a plate or cake stand. Use a spoon to swirl a little over half of the cream over the cake and top with half of the berries. Carefully remove the meringue-topped cake from the tin and remove the parchment. Place it on top of the cream and berries, and spoon dollops of the remaining cream on top, filling any cracks or dips in the meringue. Top with the remaining fruit and some chocolate shavings, if you like, and serve within an hour. *Leftovers will keep in the fridge for two days.*

GOOD TO KNOW vit c

PER SERVING 543 kcal • fat 36g • saturates 21g • carbs 47g • sugars 34g • fibre 4g • protein 6g • salt 0.5g



Raspberry & white chocolate crumble muffins

I'm always after a quick snack to grab on-the-go that's not just a cereal bar, so I came up with these muffins. The sharp raspberries mixed with the sweet, light sponge and toasty topping makes them so moreish.

Liberty Mendez

MAKES 10-12 **PREP** 25 mins
COOK 30 mins **EASY** **V**

100g unsalted butter, softened
65g caster sugar
65g light brown soft sugar
2 large eggs, at room temperature
125g Greek yogurt
1 tsp vanilla paste
5 tbsp milk
250g self-raising flour
1 tsp baking powder
175g raspberries (fresh or frozen)
90g white chocolate chips
For the crumble topping
3 tbsp plain flour
3 tbsp light brown soft sugar
50g cold unsalted butter, cut into cubes
50g rolled oats

1 Heat the oven to 200C/180C fan/gas 6 and line a 12-hole muffin tin with paper cases. Put all of the crumble topping ingredients in

a bowl along with a pinch of salt and rub together using your fingertips until you have a crumbly mixture.

2 For the muffins, beat the butter and sugars together for 5 mins until pale and fluffy. Add the eggs gradually, beating until combined. Mix in the yogurt, vanilla and milk.

3 Fold in the flour, baking powder and a pinch of fine salt until you have a smooth batter. Finally, fold in the raspberries and the white chocolate chips and fill the muffin cases leaving a little gap at the top. Cover the muffins with a layer of the crumble topping and bake for 10 mins, then reduce the oven to 180C/160C fan/gas 4 and bake for 25-30 mins more until risen and golden, and a cocktail stick inserted into the centre comes out clean.

PER SERVING (12) 344 kJals • fat 16g • saturates 9g • carbs 44g • sugars 21g • fibre 2g • protein 6g • salt 0.3g

TWIST IT

● **DARK CHOCOLATE & BLACKBERRY MUFFINS** *Blackberries burst onto hedgerows in late summer. Simply add them to the muffin mix instead of the raspberries and swap the white chocolate for dark.*



Strawberry & elderflower cobbler

A popular dish in North America, a cobbler has a fruit filling with a fluffy dumpling-like scone topping. I've used strawberries and elderflower in mine. Serve with a big scoop of vanilla ice cream or clotted cream for an easy and satisfying pud. **Esther Clark**

SERVES 6-8 **PREP** 15 mins

COOK 40 mins **EASY V**

✳ fruit base only (see tips, right)

1kg strawberries, large ones halved
1 vanilla pod, split open
1 lemon, zested and juiced
40g light brown soft sugar
80ml elderflower cordial
1½ tbsp cornflour
clotted cream or vanilla ice cream, to serve

For the topping

150g self-raising flour
50g golden caster sugar
100g unsalted cold butter, cut into cubes
80-100ml buttermilk
30g demerara sugar

1 Heat the oven to 200C/180C fan/gas 6. Toss the strawberries in an oval, roughly 25cm, ovenproof dish with the vanilla, lemon, sugar and cordial. Roast in the oven for

10 mins, or until the strawberries are jammy but holding their shape. Remove the vanilla pod and discard. Mix a little of the strawberry juices into the cornflour, then add the cornflour mixture to the strawberries, combining well.

2 For the cobbler topping, toss the flour with the sugar and a pinch of salt. Rub the butter into the flour mixture using your fingertips, then swiftly stir in 80ml buttermilk. If it looks dry, stir in the remaining 20ml. Spoon the cobbler mix over the strawberry base (about eight large spoonfuls), sprinkle over the demerara sugar and bake for 25-30 mins, or until the topping is lightly golden brown. Leave to rest for 10 mins, then serve with clotted cream or ice cream.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (8) 290 kcals • fat 11g • saturates 7g • carbs 41g • sugars 25g • fibre 6g • protein 3g • salt 0.2g

gf tips

FREEZING

You can freeze the fruit base, then defrost thoroughly, spoon into the dish and continue from step 2.

GOT A GLUT OF STRAWBERRIES?

Freeze them in freezerproof bags for up to three months, then either blitz into smoothies from frozen, or make a quick strawberry ice cream by blending frozen strawberries and frozen bananas together. Alternatively, defrost and cook down into a compote to serve with granola, or blitz to a purée and use in mousses, or swirl through whipped cream or buttercream for cakes.

TWIST IT

- **SUMMER BERRIES** Use a mixture of summer berries and up the sugar to 60g. Frozen summer berries work well – just leave out the cooking time for the fruit in step 1, toss the berries with the vanilla, lemon, sugar and cordial, then follow the method from step 2.
- **PEACH MELBA** Slice 3 ripe peaches and toss them with 400g raspberries in step 1 for a peach melba twist. Remove the elderflower cordial if doing this twist, and top the cobbler with flaked almonds before baking.
- **GOOSEBERRIES** Simply use the same quantity of gooseberries and cordial, but increase the amount of sugar to 80g.



Blueberry bostock

*This frugal French recipe is a cross between French toast and an almond croissant, and was invented as a way for French bakeries to use up stale brioche. Top it with any seasonal fruit you fancy. Serve warm with thick crème fraîche and say hello to your new favourite breakfast! **Cassie Best***

MAKES 6 **PREP** 15 mins plus cooling
COOK 25 mins **EASY** **V**

3 tbsp caster sugar
1 strip of pared lemon zest
6 slices day-old brioche or thickly sliced white sandwich loaf (roughly 10cm x 10cm slices)
100g blueberries
50g flaked almonds
crème fraîche, to serve (optional)
For the frangipane
100g butter, softened
100g caster sugar
75g ground almonds
1 tbsp plain flour
¼ tsp almond extract
1 egg

1 Heat the oven to 180C/160C fan/gas 4 and line a baking tray with parchment. Put the caster sugar and 3 tbsp water in a small saucepan, and add the lemon zest. Bring to a simmer, bubble for a minute until the sugar has dissolved, then set aside to cool a little.

2 To make the frangipane, beat the butter and sugar together for a few minutes with an electric whisk. Add

the ground almonds, flour, almond extract and egg, and beat for another minute until well combined.

3 Lay the slices of bread on the tray, then brush the syrup over each slice until it's used up. Divide the frangipane between the slices of brioche and spread right to the edges. Put a handful of blueberries in the centre of each piece, then press as many flaked almonds around the edge of each piece as you can make stick.

4 Bake for 25-30 mins until the frangipane is golden brown. Cool for at least 10 mins before eating, then serve with a spoonful of crème fraîche, if you like.

PER SERVING 637 kcal • fat 35g • saturates 16g • carbs 67g • sugars 37g • fibre 2g • protein 12g • salt 0.9g

TWIST IT

● BAKEWELL

Give your bostock a Bakewell twist by swapping the blueberries for pitted and halved cherries.

Shoot director BEN CURTIS | Food stylist TAMARA VOS | Stylist AGATHE GITS



TOM KERRIDGE

SIZZLING SUMMER

Whether you need ideas for seafood, red meat, chicken or veg, BBC chef **Tom Kerridge** has all summer barbecue bases covered *photographs* JONATHON GREGSON

'This year, forget burnt burgers and scorched sausages – if you're going to the trouble of lighting a barbecue, do it some justice and make the most of the incredible flavour you can get by cooking over coals or embers. Here, I've come up with four options for the barbecue. They require a little extra effort than just throwing something on the grill, but they're the recipes I cook at home over the summer in place of our usual Sunday roast. They also make a special Saturday night supper with friends. And, though I'm happy to barbecue in any weather, I've also given indoor options for each.'

Tom

Spatchcock gochujang chicken

This is best cooked on a kettle or other lidded barbecue over indirect heat, as the marinade can burn when cooked directly over hot coals. If you don't have a kettle barbecue, you can always start the chicken in the oven and finish it over the coals for a bit of smoke. If you want to keep the bird whole, this also works using the 'can' chicken method, but I like to do it with a can of non-alcoholic ginger beer or fizzy lemon & lime drink instead.

SERVES 4 PREP 30 mins plus at least 1 hr marinating COOK 50 mins MORE EFFORT

1.8kg whole chicken
200ml non-alcoholic ginger beer (optional)
1 bunch of spring onions, trimmed and sliced on the diagonal
small bunch of coriander, leaves picked
sesame oil, for drizzling
For the marinade
3 tbsp gochujang paste
3 garlic cloves, finely grated
2cm piece of ginger, peeled and grated
1 tbsp soy sauce
1 tbsp rice or white wine vinegar
1 tsp fish sauce
1 tsp golden caster sugar

1 Put the chicken on a board breast-side down with the legs facing you. Using kitchen scissors or poultry shears, cut along either side of the backbone and remove it (freeze it to use for stock). Open the chicken out, turn it over and push down the breastbone to flatten. Cut a few slashes in the legs and thighs.
2 Whisk the marinade ingredients together. Reserve 2 tbsp and rub the rest all over the chicken, working it under the skin. Cover and chill for at least 1 hr or overnight.
3 Light the barbecue, stacking the coals on one side. When the flames have died down and the coals are ashen, lay a flameproof foil tray or old roasting tin over the empty side and pour in the non-alcoholic ginger beer or 100ml water. Set the grill on top. Place the chicken skin-side up on the grill, cover with the lid and cook for 45 mins. Baste with the reserved marinade, then re-cover and cook for 5 mins more. Move the chicken to the hotter side of the barbecue for 5 mins, to char the skin a little, being careful not to burn it. The chicken is ready when the legs pull away easily and a digital probe thermometer inserted into the thickest part of the thigh and breast reads 70C. Lift onto a board, rest for 10 mins then scatter over the spring onions and coriander. Drizzle with sesame oil.

gf tip

RAIN OR SHINE

To cook indoors, heat the oven to 200C/180C fan/gas 6 and roast the chicken for 35-40 mins on a baking tray, then put under a hot grill for 5-10 mins to char the skin.



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, as well as The Bull & Bear in Manchester. His latest cookbook, *Tom Kerridge's Outdoor Cooking* (Bloomsbury Absolute), is out now.

  @ChefTomKerridge





Paper bag prawns with chilli & garlic

We all like the idea of 'prawns on the barbie', but unless you're cooking lobster-sized prawns, barbecuing them straight on the grill is a pain. Here, I've made things a lot easier and locked in all the flavour by cooking the prawns in a parcel. This means they all cook at once and it works with whatever size prawns you have. I've kept the recipe pescatarian, but for a surf-and-turf vibe, you could add some sliced spicy sausage to the parcels.

SERVES 4 **PREP 15 mins**
COOK 20 mins **MORE EFFORT**

100g butter
4 tbsp extra virgin olive oil
5 garlic cloves, thinly sliced
1 red chilli, sliced

1 tsp sweet smoked paprika
80ml non-alcoholic dry sherry or white wine
600g extra-large raw tiger prawns, peeled and deveined
1 lemon, halved
1 handful of flat-leaf parsley, leaves picked and chopped
crusty bread, to serve

1 Light the barbecue. Meanwhile, put the butter, olive oil, garlic, chilli, paprika and non-alcoholic sherry in a small pan set over a high heat. Season well and bubble for 2 mins.

2 Put a square 45cm sheet of foil shiny-side down on a work surface. Lay an equal-sized sheet of baking parchment on top, then fold the foil and parchment in half together, with the foil on the outer side. Seal at the shorter sides by folding the edges over a few times and pressing them firmly. Spoon the prawns into

the parcel through the open top and pour in the melted butter mixture. Fold the parcel edges together along the open top to seal it fully.

3 When the coals of the barbecue are ashen, place the parcel directly on the grill and cook for 15 mins, carefully turning it once or twice. The prawns will be nearly ready when the parcel begins to puff up with steam. Remove the parcel from the barbecue, open it up carefully and tip the prawns and buttery juices into a serving bowl. Squeeze over one of the lemon halves and sprinkle with the parsley. Cut the remaining lemon half into wedges. Serve the prawns with the lemon wedges for squeezing over and crusty bread on the side for mopping up the juices.

GOOD TO KNOW gluten free

PER SERVING 420 kcals • fat 33g • saturates 15g • carbs 1g • sugars 1g • fibre 1g • protein 24g • salt 1.2g

gf tip

RAIN OR SHINE

To cook the prawns indoors, heat the oven to 220C/200C fan/gas 7. Put the parcel on a baking tray. Bake for 15-20 mins, turning once.



Miso mushroom
& halloumi
burgers

Miso mushroom & halloumi burgers

When I want to lift the flavour of vegetables like mushrooms, aubergines or onions, I reach for miso. It's packed with savoury umami and, when mixed with butter, makes vegetables feel more substantial and rich. It's not an exclusively vegetarian flavour booster either – use this miso butter on steaks and chops, too.

SERVES 4 **PREP** 20 mins

COOK 30 mins **EASY** **V**

4 large portobello mushrooms, stalks removed
1 large red onion, cut into 4 thick slices
250g block halloumi, cut into 8 thick slices
4 burger buns, split
2 tomatoes, sliced
4 handfuls of rocket or other peppery leaves
burger sauce of your choice, to serve

For the miso butter
100g softened butter
2 tbsp white miso
2 tbsp light soy sauce
1 large garlic clove, grated

1 For the miso butter, beat all the ingredients together in a small bowl, then set aside.
2 Light the barbecue. When the coals are ashen, tip more coals into one side so you have two heat zones. Brush the mushrooms and onion with some of the miso butter, then put on the grill and cook for 10 mins, basting and turning occasionally. (When you turn the onions, use a spatula so they don't separate into rings.) When the veg is charred and has softened, move it to the edge of the cooler side of the barbecue to keep warm. Continue to baste with the butter occasionally.
3 Cook the halloumi directly on the grill until browned and lightly charred. When the halloumi is done, brush the cut sides of the buns with the remaining miso butter and toast

on the grill. Fill the buns with the mushrooms, onions, halloumi, tomatoes, rocket and burger sauce.

GOOD TO KNOW calcium • folate • fibre • vit c •
2 of 5-a-day
PER SERVING 452 kcal • fat 26g • saturates 16g •
carbs 31g • sugars 11g • fibre 5g • protein 22g •
salt 3.9g

gf tip

RAIN OR SHINE

To recreate this recipe indoors, heat the oven to 220C/200C fan/gas 7 and roast the butter-basted mushrooms for 15-20 mins until softened. Meanwhile, griddle the onion and halloumi slices for 10 mins, then toast the buns on the griddle in the buttery juices.

Maple & chilli-glazed leg of lamb

A sticky glaze like this is a great way to add flavour to barbecued meat when you haven't got time to marinate it. The glaze also works well on beef and venison. The timings in this recipe should produce medium rare lamb, but if you want it less done, take off 5 mins of cooking time. Or, if you prefer it well done, add another 10 mins before glazing.

SERVES 6 **PREP** 20 mins

COOK 40 mins **MORE EFFORT**

2.5kg leg of lamb, butterflied (ask your butcher to do this)
1 bunch of rosemary, snipped into 2cm lengths

For the glaze

100ml maple syrup
50g Dijon mustard
2 tbsp yeast extract
1 tbsp smoked paprika
3 medium green chillies, sliced

1 Lay the butterflied lamb leg on a

board and use a sharp knife to prick about 20 holes all over the skin side. Press the rosemary sprigs deep into the holes, then season all over.

2 To make the glaze, tip all of the ingredients into a small saucepan, reserving a few sliced chillies, and bring to the boil. Stir to combine, then remove from the heat and set aside. Light the barbecue. It's ready when the coals are ashen and you can hold your hand 5cm above the grill for at least 5 seconds.
3 Lay the lamb skin-side down on the grill and cook for 10 mins. Turn over using tongs and cook for 10 mins more. Repeat this two more times for 5 mins on each side so the lamb cooks for a total of 30 mins. Baste with the glaze, turn the lamb again and keep basting for another 10 mins until deep brown and sticky. Remove to a board, cover loosely and leave to rest for 20 mins. Carve into thin slices to serve, then scatter over the reserved sliced chillies.

GOOD TO KNOW folate • iron
PER SERVING 582 kcal • fat 31g • saturates 14g •
carbs 13g • sugars 11g • fibre 2g • protein 62g • salt 1.4g

gf tip

RAIN OR SHINE

To cook this indoors, heat the oven to 220C/200C fan/gas 7. Put the lamb on a baking tray and roast for 30 mins, then reduce the oven temperature to 200C/180C fan/gas 6 and baste with the glaze. Roast for another 15 mins, basting every 5 mins, or until done to your liking.



FRESH WAYS FOR FRIDAYS

FISH FOR FRIENDS

Barney Desmazery goes pescatarian with a summer menu inspired by British seaside favourites

photographs YUKI SUGIURA

My fish-and-two-veg is a play on classic fish and chips, brought together with a garlic butter that my kids absolutely love. It's also a simplified version of the cod kiev from my favourite fish chef on the planet, Tom Brown, and his restaurant Cornerstone. Tom treats fish and seafood with the respect it deserves, and though his dishes are inventive, they're never over-complicated – just how great produce should be treated. Follow Tom on Instagram @cheftombrown or find out more at cornerstonehackney.com.



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. [@barney_desmazery](https://www.instagram.com/barney_desmazery)

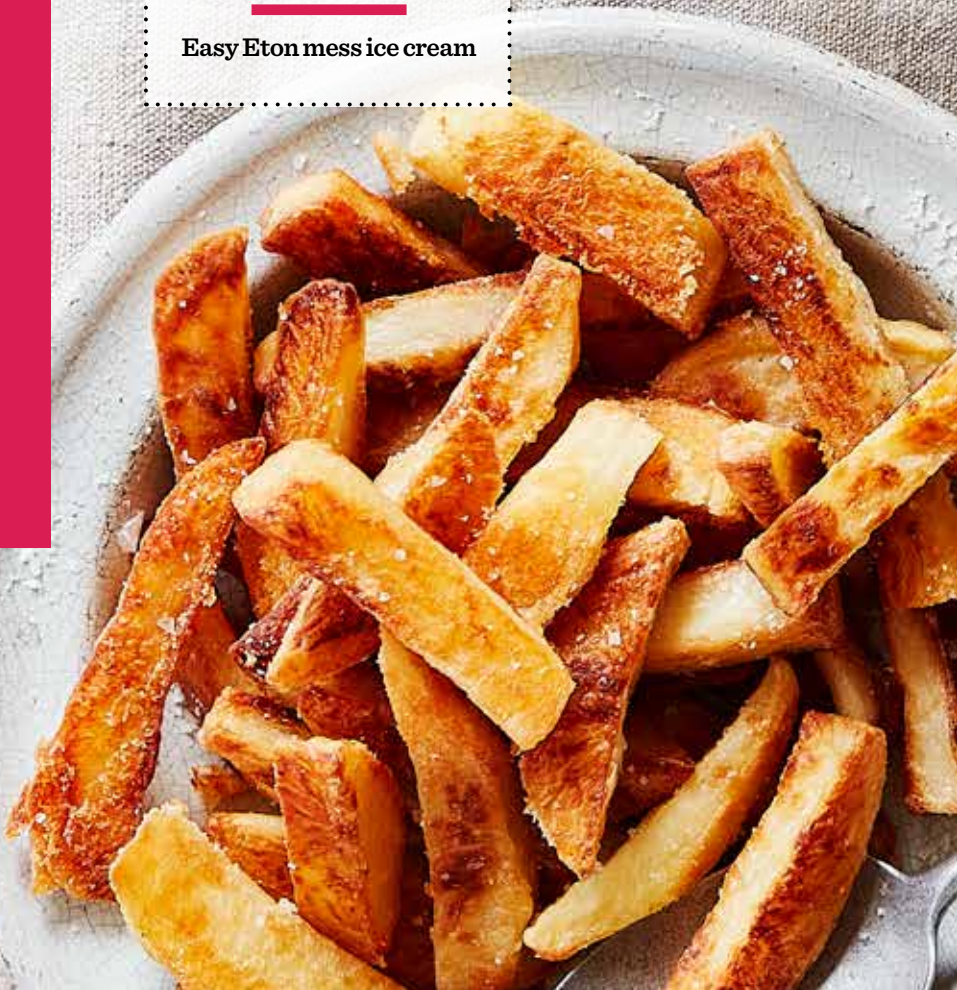
MENU

Crispy cod & Kiev butter

Best ever oven chips

Smashed minted peas

Easy Eton mess ice cream





Crispy cod & Kiev butter

For an extra-crispy coating, double-dip the fish in the egg and breadcrumbs. You can also make a double batch of the butter and keep what remains in the freezer for melting over steaks or making quick garlic bread. All the prep can be done ahead, making this an ideal meal for relaxed Fridays.

SERVES 4 **PREP 30 mins**
COOK 20 mins **MORE EFFORT**

100g plain flour
2 eggs, beaten
150g panko breadcrumbs
4 skinless cod fillets (about 120g each), or use hake, pollock or other white fish
3 tbsp sunflower oil
For the kiev butter
2 garlic cloves, crushed or grated
small handful of parsley, finely chopped
100g butter, softened
½ lemon, juiced

1 To make the kiev butter, mix all the ingredients together in a bowl with a pinch of salt. Chill until needed. *Will keep in the fridge for up to a day, or frozen for up to a month.*

2 Tip the flour into a shallow bowl and season with salt, crack the eggs into a second bowl and tip the breadcrumbs into a third. Pat the fish fillets dry with kitchen paper, then, working with one fillet at a time, dip the fish in the flour, shaking off the excess, then the egg followed by the breadcrumbs, turning to ensure it's well-coated. If you like a thicker coating, dip the fillets in the egg and breadcrumbs again. *At this stage, the fish can be covered and chilled for 2-3 hrs.*

3 Heat the oven to 220C/200C fan/gas 7. Heat most of the oil in a large ovenproof frying pan over a medium heat and fry the fish for about 5 mins until the coating is golden. Add the remaining oil to the pan if it's dry, then flip the fish fillets, transfer the pan to the oven and

roast for 10 mins until the fish is cooked through. Remove the pan from the oven and top each fillet with about 1 tsp of the kiev butter. Return to the oven for 5 mins more to melt the butter over the fish. Meanwhile, gently melt the rest of the kiev butter in a small pan over a low heat. Serve the fish with the buttery roasting juices spooned over alongside a small bowl of the melted kiev butter for dipping chips into.

PER SERVING 607 kcals • fat 33g • saturates 15g • carbs 46g • sugars 1g • fibre 2g • protein 32g • salt 1.3g



WANT TO GET AHEAD?

Prepare the kiev butter up to a day ahead, or make a batch to keep in the freezer for up to a month. The fish can be breadcrumbing a few hours before cooking to help make things easier.

Best ever oven chips

If there's a better way of making oven chips from scratch, I'm yet to see it. These are amazing served with melted kiev butter (above).

SERVES 4 **PREP 10 mins**
COOK 50 mins **EASY** **V**

1kg Maris Piper potatoes
1 tsp cider vinegar
4 tbsp sunflower oil, plus extra for drizzling
1 tbsp cornflour

1 Heat the oven to 220C/200C fan/gas 7. Peel the potatoes and chop into medium-sized chips. Rinse under cold running water, then tip into a large pan, cover with cold salted water, add the vinegar and bring to a simmer over a medium heat. Stir once, then continue to simmer for about 6-8 mins until the chips are just cooked through but not breaking apart. Drain well.

2 Add the oil to a shallow roasting tin and put in the oven to heat for 5 mins. Toss the chips in the

cornflour, then carefully tip into the hot oil and arrange in a single layer using tongs. Drizzle with a little more oil to coat, then roast for 20 mins.

3 Carefully turn the chips over in the oil using a spatula, then return to the oven for another 20 mins until golden brown.

GOOD TO KNOW healthy • gluten free

PER SERVING 287 kcals • fat 11g • saturates 1g • carbs 41g • sugars 2g • fibre 4g • protein 4g • salt 0.01g

Smashed minted peas

Here's a fresher, seasonal version of mushy peas. If you prefer them very soft, you can purée them.

SERVES 4 **PREP 10 mins**
COOK 20 mins **EASY** **V**

25g butter
1 shallot, peeled and roughly chopped
200ml vegetable or chicken stock

400g frozen peas
small handful of mint leaves, chopped

1 Melt the butter in a small saucepan over a medium heat and sizzle the shallot for 5 mins until soft. Add the stock and peas, and bring to a simmer. Cook gently for 10 mins until the peas are soft.

2 Roughly mash the pea mixture with a potato masher, or, if you

prefer a smoother texture, purée with a hand blender. (It's best to leave some of the peas whole or roughly crushed for texture.) Season to taste and stir through the mint leaves just before serving.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day

PER SERVING 134 kcals • fat 6g • saturates 3g • carbs 11g • sugars 6g • fibre 6g • protein 7g • salt 0.4g



Easy Eton mess ice cream

Serve this ice cream in bowls or cones for some proper nostalgia.

SERVES 4-6 **PREP** 20 mins plus
at least 5 hrs 30 mins freezing

NO COOK EASY V

400g strawberries, hulled and
finely sliced
50g caster sugar
½ lemon, juiced
500g fresh vanilla custard
200ml double cream
50g shop-bought meringues,
roughly crushed
ice cream cones, to serve (optional)

1 Tip the strawberries, sugar and
lemon juice into a bowl and toss
well. Cover and leave to macerate.

2 Whisk the custard and cream
together in a shallow freezerproof
container with a lid until combined.
Freeze for 1 hr 30 mins-2 hrs until
semi-frozen. If you have a large
freezer and a blender, place the
jug of the blender in the freezer
alongside the ice cream to get cold
(this is not essential). Scrape the
semi-frozen custard into the
blender and pulse until it's the
texture of a thick smoothie. Pour
back into the container and freeze
for another 1-2 hrs until it is the
texture of soft-serve ice cream.
If you don't have a blender, use
a whisk to break up the custard.

3 When the custard is ready, spoon
the macerated strawberries over the
top, leaving most of the syrup in the
bowl. Stir the strawberries and a

few of the meringue pieces through
the custard, then scatter most of the
remaining meringues over the top.
Freeze for at 3 hrs until the ice
cream is scoopable, or overnight.
*Can be made up to three days ahead
and frozen. Leave to soften slightly
before serving.* Scoop the ice cream
into bowls or cones and serve
topped with the remaining
meringue and strawberry syrup.

GOOD TO KNOW vit c • gluten free

PER BALL 254 kcals • fat 15g • saturates 9g • carbs 25g
• sugars 23g • fibre 2g • protein 3g • salt 0.1g



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DIANA HENRY

ROASTED PEPPERS

Take a jar of this bright and smoky storecupboard ingredient and try **Diana Henry's** inventive recipes

photographs KIM LIGHTBODY

There was a time in Britain, though it's hard to believe, before roasted Mediterranean vegetables. Pre-1980s we were unfamiliar with the olive-oil-rich flesh of meaty roasted aubergines, or the charred smokiness of wedges of red onion. I first ate them in Bertorelli's in London in 1984, and soon after spotted a recipe for them that I pounced on. The mixture was just so good, the way the vegetables sucked up the oil, garlic and herbs with which they'd been cooked. It's not surprising they've become such a mainstay. They're colourful, healthy and even looking at a platter will get your juices flowing. I'm not keen on solo dining but I used to eat in Carluccio's Caffè on my own – long ago, before the chain was sold – just so that I could have a plateful of roast vegetables and a mattress of focaccia.

Of all the vegetables that are drizzled with oil and bunged in the oven, it's roasted peppers that are the most loved. Their flesh is silky. Cut into strips they can be tossed

with pasta, stirred into risotto or stuffed in sandwiches with contrasting ingredients.

Not all roast peppers are the same. Those packed in olive oil are more luscious and expensive. They're what to buy when you're going to pair them with burrata or make up an antipasti platter. Others are packed in a mixture of vinegar, salt, sugar or grape must and water, and the piquancy – from the vinegar – is hard to get rid of. Though, when you're making purées with other strongly flavoured ingredients, that doesn't matter.

It took me a while to get into buying jars of roast peppers. I mean, what's to stop you roasting a trayful yourself? And then I think about whizzing up an easy sauce, such as romesco – a purée of roast peppers, toasted nuts, garlic and olive oil – and spooning it onto meaty fish, or a bowl of muhammara, the Middle Eastern dip made with blitzed roast peppers and walnuts, and I want them immediately. Jars of peppers aren't merely for snacking on, they'll also provide dinner.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table* (Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfoodme.com.

  @dianahenryfood

Roast peppers
with 'jammy' eggs
& almond & parsley
dressing



Roast peppers with 'jammy' eggs & almond & parsley dressing

This is so simple, but it's become one of my favourite lunches because of its great contrasts.

SERVES 4 **PREP** 10 mins

COOK 8 mins **EASY** **V**

20g blanched almonds, chopped
1 small bunch of flat-leaf parsley, chopped
1 large garlic clove, finely chopped
1 tbsp white balsamic vinegar or sherry vinegar
7 tbsp extra virgin olive oil
8 medium eggs
250g roasted red peppers from a jar, drained and sliced into strips
crusty bread, to serve

1 Make the dressing by bashing the almonds, parsley, garlic and some seasoning together using a pestle and mortar. You want to create a slightly chunky mixture. Stir in the vinegar and the olive oil, bashing gently as you go. Taste for seasoning, bearing in mind that the dressing can be quite strong as you are pouring it over eggs.

2 Boil a pan of water, add the eggs and cook for 7-8 mins. This will give you what some people call 'jammy' eggs – they are only just firm enough to be considered hard-boiled, and the very centre is still a little soft. Put the eggs in cold water, then peel them as soon as they're warm enough to handle. Halve the eggs and arrange them on a serving plate. Season, then

drape the peppers around the eggs and spoon the dressing over the top. Eat with some good crusty bread, while the eggs are still warm.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 371 kcals • fat 32g • saturates 6g
• carbs 4g • sugars 1g • fibre 1g • protein 17g • salt 0.3g

Orecchiette with purple sprouting broccoli & Calabrian pesto

You can never have too many pesto recipes. This one isn't just good with pasta, you can also serve it with chicken or fish and spoon it onto warm bread (focaccia or ciabatta). Use chilli flakes if you don't have any fresh chillies.

SERVES 4-6 **PREP** 20 mins

COOK 35 mins **EASY** **V**

400g purple sprouting broccoli
5 tbsp extra virgin olive oil
4 garlic cloves, sliced
375g orecchiette or other pasta shapes
grated parmesan or pecorino (or vegetarian alternative), to serve

For the pesto

3 tbsp extra virgin olive oil
½ small red onion, chopped
1 plum tomato, chopped
75g aubergine, cut into small chunks
125g roasted peppers from a jar, drained
1 garlic clove, chopped
1 red chilli, halved, deseeded and chopped (leave the seeds in if you want a more fiery pesto)

40g blanched almonds, lightly toasted in a dry pan

60g ricotta

10g basil or parsley leaves

1 First, make the base of the pesto. Heat 1 tbsp of the olive oil in a frying pan and add the onion, tomato and aubergine. Fry over a medium-low heat for 8-10 mins until the onion is pale gold and the tomatoes and aubergine are soft. Add the peppers and cook for a couple of minutes, then add the garlic and chilli, and cook for another 2 mins. Transfer to a plate and leave to cool.

2 Heat the oven to 190C/170C fan/gas 5. Trim the broccoli at the base, then halve any large pieces lengthways. Put in a roasting tin, drizzle with the olive oil and season. Add the garlic and turn everything using your hands – make sure the garlic is under the broccoli so it will toast without burning. Cook in the oven for 15-20 mins (check on it during cooking for doneness).

3 Meanwhile, cook the pasta in boiling salted water until al dente. It usually takes a little less time than it says on the packet.

4 For the pesto, tip everything on the plate into a food processor

along with the almonds and the remaining 2 tbsp extra virgin olive oil. Season and pulse to blend everything together. Stir in the ricotta and taste for seasoning – it needs to be quite assertive. Tear the basil and stir that in too.

5 Drain the pasta and toss it with the broccoli (including the garlicky juices from the roasting tin) then use as much of the pesto as it takes to coat the pasta and serve the rest on the side. Grind over some black pepper and serve immediately with the grated cheese.

GOOD TO KNOW healthy • folate • fibre • vit c • 1 of 5-a-day

PER SERVING (6) 463 kcals • fat 21g • saturates 3g • carbs 50g • sugars 5g • fibre 7g • protein 14g • salt 0.1g





Lamb chops with thyme, chilli & Greek htipiti

Traditionally, htipiti is served as a dip or spread to form part of a Greek meze. Usually it is puréed rather than chopped ('htipiti' translates as 'beaten'), but I prefer a chunkier version. It works well with fish dishes, roasted or griddled chicken, raw vegetables and hard-boiled eggs.

SERVES 4 **PREP** 10 mins plus at least 45 mins marinating
COOK 18 mins **EASY**

12 lamb cutlets
3 thyme sprigs, leaves picked
1 tsp chilli flakes
2 tbsp extra virgin olive oil

For the htipiti

235g roasted red peppers from a jar, drained
175g feta, crumbled
2 spring onions, finely chopped
2 garlic cloves, very finely chopped
2 thyme sprigs, leaves picked
4 tbsp extra virgin olive oil
squeeze of lemon juice (optional)

1 Put the lamb cutlets in a bowl and add the thyme, chilli flakes and oil. Cover and leave to marinate in the fridge for 30 mins-1 hr.

2 For the htipiti, chop the peppers into little squares. Put in a bowl

and add all the other ingredients. Leave for about 15 mins so the flavours can mingle.

3 Heat a griddle pan or frying pan if you don't have one. When it's really hot, lift the chops out of the marinade. Cook them, a few at a time, for 3 mins either side, seasoning as you go. I like lamb chops rare but you might prefer them medium, so cook them as you like them. Serve the chops with the sauce. Baby potatoes roasted in olive oil are also great with this.

GOOD TO KNOW gluten free

PER SERVING 830 kcals • fat 70g • saturates 30g • carbs 4g • sugars 1g • fibre 1g • protein 45g • salt 1.4g



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FROZEN ASSETS

GIANT STUFFED CRUST



Similar to a calzone, this Italian stuffed loaf oozing with cheese is easily adaptable, plus it can be made ahead and frozen for when you have less time to cook

recipes BARNEY DESMAZERY photograph JAMES LEE

Salami stromboli

Stromboli is like a pizza, calzone and focaccia all rolled into one, but I've sold it to my family of pizza lovers by billing it as the ultimate cheese-stuffed crust.

Just like a normal pizza, you can swap the filling or topping to suit your taste but to make sure the dough cooks all the way through, avoid wet ingredients. If you want tomatoes involved, spread a thin layer of sundried tomato purée over the dough before adding the salami.

SERVES 4 PREP 30 mins plus 1 hr proving COOK 40 mins MORE EFFORT  

For the dough

400g strong white flour, plus extra for dusting

5g fast-action dried yeast

1 tbsp olive oil, plus extra for brushing

For the filling

20 slices Milano salami (about 100g)

150g grated mozzarella

handful of basil leaves

1 Tip the flour into a large bowl, then stir in the yeast and 1 tsp salt. Pour in 250ml warm water and the olive oil, and bring together with a

wooden spoon to make a soft dough. Tip onto a surface and knead for 10 mins until smooth. Put the dough back in the bowl, cover with a tea towel and set aside for 40 mins or until doubled in size.

2 Roll the dough out on a lightly floured surface to a rectangle roughly 35 x 20cm. Layer over the salami (leaving a bit of a border), then scatter over the mozzarella and finally the basil leaves. Tuck the shorter edges in and roll the whole thing up like a swiss roll. *Will keep frozen, tightly wrapped in foil, for up to one month. Can either be defrosted and baked, or baked from frozen (see step 3).*

3 Leave the loaf to rest for 20 mins on a baking tray. Meanwhile, heat the oven to 200C/180C/gas 6. Brush all over with olive oil and sprinkle with sea salt. Bake for 40 mins until puffed up and golden. *If cooking from frozen, bake for 1 hr. Leave to cool for 10 mins before slicing and serving with salad.*

GOOD TO KNOW calcium

PER SERVING 570 kcals • fat 19g • saturates 8g • carbs 76g • sugars 1g • fibre 3g • protein 23g • salt 2.4g

gf tip

If you're a sourdough baker, the dough can be made with 100g of active starter rather than the yeast, but it will take 2-3 hrs to double in size.

**ANTIPASTI
STROMBOLI**

Make a veggie-friendly antipasti stromboli by leaving out the salami and adding stoned olives, sliced artichoke hearts or grilled aubergine slices, drizzled pesto and finely sliced red onions to the filling in step 2.

**GORGONZOLA
& ONION**

For another veggie alternative, simply scatter 100g crumbled vegetarian gorgonzola, 2 finely sliced red onions and some fresh thyme leaves over the dough before rolling up in step 2.

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easy one-pot meals

Save yourself time washing up with these simple recipes,
which can all be cooked in just one pot or pan

recipes SHIVI RAMOUTAR *photographs* MIKE ENGLISH



Cookery writer Shivi Ramoutar has written two modern Caribbean cookbooks. A former *MasterChef* semi-finalist, Shivi is also a regular guest on *Saturday Kitchen*.

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Oven-roasted sweet potato & courgette tortilla

This tortilla is baked rather than fried making it healthier and easier to throw together. If you don't have manchego, you can use cheddar or crumbled feta.

SERVES 4 **PREP 10 mins**

COOK 1 hr **EASY** **V**

2 medium sweet potatoes (500g),
peeled and thinly sliced
1 onion, thinly sliced
1 courgette, thinly sliced
2 tbsp olive oil

6 eggs
50g crème fraîche
30g manchego or vegetarian
alternative, grated
1 tbsp chopped chives
green salad, to serve

1 Heat the oven to 190C/170C fan/gas 5. Tip the sweet potato slices, onion and courgette into a medium non-stick baking dish (ours was 18cm x 30cm x 4cm), drizzle with the olive oil, season and mix everything together. Bake for 30 mins, tossing the veg halfway. The sweet potatoes should be

tender, the courgette a little charred and the onion softened.

2 Meanwhile, whisk the eggs and the crème fraîche together along with a pinch of seasoning. Pour the beaten egg mixture over the sweet potato, onion and courgette. Sprinkle over the manchego and put back in the oven for 25-30 mins until the tortilla is just set. Sprinkle over the chives and eat hot or cold with salad.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day •
gluten free

PER SERVING 379 kcal • fat 21g • saturates 9g •
carbs 29g • sugars 16g • fibre 6g • protein 15g • salt 0.6g





Fridge-raid soup

You can make this recipe your own using up any bits and bobs you have. Make a tomatoey soup with any leftover veg you have, then finish it with flavourful toppings.

SERVES 4 **PREP** 15 mins

COOK 40 mins **EASY** **V**

2 tbsp olive oil
1 onion, finely chopped
2 carrots, finely chopped
2 sticks of celery, finely chopped
4 garlic cloves, crushed
1 thyme sprig
1 tbsp tomato purée
1 litre vegetable or chicken stock

400g can chopped tomatoes
2 x 400g cans cannellini beans, drained
a large handful of green veg (about 150g, use any seasonal veg you have – courgette, green beans, chard, spinach etc), roughly chopped
1 large potato, peeled and cut into 2cm cubes

To serve

chopped parsley, crumbled feta, torn olives, chilli flakes (optional), extra virgin olive oil, crusty bread

1 Heat the oil in a large pan on a medium heat and cook the onion, carrot and celery until soft, about

10 mins, then add the garlic, thyme and tomato purée. Pour in the stock along with the tomatoes, reduce the heat to low and simmer for 10 mins.
2 Add the cannellini beans, the green veg and potato pieces, along with a generous pinch of seasoning. Cover and simmer for another 15-20 mins or so until the veg is tender and the soup has thickened. Top with some parsley, crumbled feta, olives, chilli flakes (for those who like spice) and a drizzle of extra virgin olive oil. Serve with crusty bread on the side for dunking.

GOOD TO KNOW calcium • folate • fibre • vit c • 4 of 5-a-day

PER SERVING 434 kcals • fat 18g • saturates 8g • carbs 41g • sugars 13g • fibre 14g • protein 21g • salt 2.1g





Chorizo & chickpea summer stew

SERVES 4 **PREP 5 mins**
COOK 20 mins **EASY**

1 tbsp olive oil
2 garlic cloves, crushed
2 thyme sprigs
1 tbsp smoked paprika
200g chorizo ring, sliced into thin coins
1 tbsp sherry vinegar
600g cherry tomatoes, halved
450g jar roasted red peppers, drained and cut into large strips
100g spinach
2 x 400g cans chickpeas, drained
drizzle of extra virgin olive oil and crusty bread, to serve

1 Heat the oil in a large frying pan over a medium heat, add the garlic, thyme and smoked paprika, and stir for a few minutes, then tip in the chorizo and stir for another couple of minutes until its oil is released. Splash in the sherry vinegar and let it bubble for a minute or so.

2 Add the tomatoes, peppers, spinach and chickpeas along with 100ml water and a pinch of seasoning. Bring to the boil, then reduce the heat to a simmer and cook until the tomatoes have softened and there is a thickened sauce, about 15 mins. Adjust the seasoning and finish with a drizzle of extra virgin olive oil. Serve with crusty bread.

GOOD TO KNOW fibre • vit c • 4 of 5-a-day
PER SERVING 449 kcals • fat 24g • saturates 7g •
carbs 29g • sugars 6g • fibre 10g • protein 25g •
salt 1.7g

Pulled BBQ aubergine & black bean burgers

These veggie buns have all the comforting textures of meat but are completely vegan and have a moreish smoky flavour. Get the kids to help you prep the veg and enjoy al fresco.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** **V**

2 large aubergines, pricked all over with a fork
1 tbsp olive oil
1 large onion, thinly sliced
1 heaped tsp garlic granules
2 tsp smoked paprika
1 tbsp demerara sugar

1 tsp dried oregano
5 tbsp barbecue sauce
400g can black beans, drained
4 burger buns, toasted and lightly buttered
red onion or pink pickled onion, shredded lettuce, coleslaw and corn on the cob, to serve (optional)

1 Heat the grill to high and grill the aubergine, turning occasionally, until blackened and soft all over, about 20-30 mins. Set aside to cool.
2 Meanwhile, heat the oil in a large ovenproof pan over a medium heat, add the onion and fry until softened and golden, about 10 mins. Heat the oven to 200C/180C fan/gas 6.
3 Peel the skin from the cooled aubergine and discard it, or scoop

out the flesh using a spoon, then put in the pan with the onion. Add the garlic granules, paprika, sugar, oregano, 1 tsp sea salt and 1 tsp black pepper. Stir until aromatic, then mix in the barbecue sauce along with the black beans. Season and bake until the sauce is rich and thick, and the aubergine resembles pulled pork – about 10-15 mins.

4 Pile into the burger buns with the red onion or pink pickled onion and any other burger fillings you like. Enjoy with coleslaw and corn on the cob on the side, if you like.

GOOD TO KNOW low fat • low cal • folate • fibre • 3 of 5-a-day

PER SERVING 439 kcals • fat 8g • saturates 2g • carbs 69g • sugars 20g • fibre 13g • protein 16g • salt 1.4g





One-pot chicken & curry rice

SERVES 4-6 **PREP** 15 mins
COOK 45 mins **EASY**

2 tbsp vegetable oil or ghee
2 large onions, finely sliced
4 large garlic cloves, crushed
thumb-sized piece of ginger, peeled and finely chopped
4 heaped tbsp mild curry paste
1 tsp turmeric
4 cardamom pods, bashed
1 cinnamon stick
4 small skinless chicken breasts or 8 skinless and boneless chicken thighs (about 600g), cut into bite-sized chunks
250g basmati rice, rinsed
600ml chicken stock
200ml coconut milk
75g frozen peas
150g green beans, trimmed and halved

½ cauliflower (about 225g) broken into small florets
50g raisins or sultanas
coriander leaves, flaked almonds, plain yogurt and mango chutney, to serve

1 Heat the oil in a large casserole dish (that has a lid) over a medium heat, then fry the onion, garlic and ginger until brown and fragrant, about 10 mins. Stir in the curry paste, turmeric, cardamom and cinnamon, and stir for a few minutes. Add the chicken and cook for another couple of minutes, stirring to colour on all sides.

2 Add the rice, stir well, then stir in the stock, coconut milk, a generous pinch of seasoning, the veg and

raisins. Bring to the boil, then reduce to a simmer, pop the lid on and cook for about 25-30 mins until the water has been absorbed, the chicken and rice are cooked through, and the veg is tender. Season to taste. Remove the cardamom and cinnamon stick, then scatter over the almonds and coriander. Serve with yogurt and mango chutney on the side.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING (6) 485 kcals • fat 18g • saturates 7g •
carbs 47g • sugars 14g • fibre 7g • protein 31g •
salt 1.2g

lovely lunches

Simple kids' lunchbox recipes to keep little ones alert and full all day. Pack leftovers for a wholesome, energy-fuelling work lunch.



Pasta salad with tuna mayo

Quick to throw together, this salad makes a satisfying lunchbox feast, whether you're on a picnic or at your desk. Carbs in the wholemeal pasta aid muscle recovery after high-intensity exercise, so it's also a great post-workout option. Makes enough for two days.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**



250g wholemeal penne
2 x 120g pots bio yogurt
2 tsp English mustard powder
2 tbsp extra virgin olive oil
4 tsp apple cider vinegar
1 very finely chopped red onion

generous handful of basil, finely chopped
2 x 160g cans tuna in spring water
2 red peppers, deseeded and diced
340g can sweetcorn, drained

1 Boil the pasta for 10 mins until al dente, then drain and rinse under cold running water. Drain again. Meanwhile, mix the yogurt, mustard, olive oil, vinegar, onion and basil together in a large bowl, then stir in the tuna, red peppers and sweetcorn.
2 Stir through the pasta and serve in bowls or pack into containers for work or a picnic. *Chill two portions to eat the next day.*

GOOD TO KNOW healthy • low fat • low cal •

2 of 5-a-day • folate • fibre • vit c

PER SERVING 444 kcals • fat 12g • saturates 3g •
carbs 54g • sugars 16g • fibre 10g • protein 25g •
salt 0.7g



Chicken enchilada wraps

We show you how to easily make nutritious homemade wholemeal flatbreads – perfect for wrapping up our lean, spicy chicken with its three of your 5-a-day.

SERVES 2 PREP 20mins

COOK 12 mins EASY



90g spelt wholemeal flour, plus extra for dusting
3 tsp rapeseed oil
120g pot bio yogurt
2 tsp mild chilli powder
1 large garlic clove, finely grated
1 lime, zested, half juiced
1 large red onion (160g), halved and sliced
1 red pepper, deseeded and sliced
2 skinless chicken breasts, sliced (300g)
1 small avocado
15g coriander, chopped

1 Tip the flour into a small bowl. Mix 1 tsp of the oil with 60ml water, add to the flour and stir with the blade of a cutlery knife until the mixture starts to come together. Use your hands to bring the mixture into a ball, then halve and cover with a tea towel.

2 Mix 2 tbsp of the yogurt with the chilli powder, garlic and lime zest, then tip in the onion, pepper and chicken and stir well to coat.

Heat the remaining oil in a large non-stick pan over a medium heat, add the chicken mixture and cook, stirring every now and then, for about 10 mins.

3 Meanwhile, lightly flour the work surface and heat a very large non-stick frying pan over a medium heat, but don't add any oil. Roll out one of the balls of dough to a rough circle about 25cm across until it is paper thin, then carefully peel off the work surface and slap into the frying pan. The dough will cook within a minute, then flip over and

cook for a few seconds more. Lift onto a plate and cook the other ball of dough in the same way.

4 Roughly mash the avocado with the lime juice and spread over the flatbreads, top with the chicken mixture and remaining yogurt and scatter over the coriander. Roll up the enchiladas and serve.

GOOD TO KNOW healthy • 3 of 5 a-day • fibre • vit c
PER SERVING 570 kcals • fat 20g • saturates 4g •
carbs 43g • sugars 13g • fibre 12g • protein 47g •
salt 0.64g



Summer bean & bulgur soup

Get all five of your five-a-day in one delicious and quick-to-make soup. If you make this ahead the bulgur soaks up quite a lot of the liquid, so add a drop of water to loosen a little just before serving, or simply enjoy as a summer stew.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V** 



400g can borlotti beans
1 tbsp olive oil
160g butternut squash diced,
(prepared weight)
1 leek (about 160g), thinly sliced
2 large garlic cloves, finely grated
1 tsp fresh thyme leaves
1 tbsp tomato purée
1 tsp vegetable bouillon
powder
1 courgette (170g), halved
and sliced
80g whole cherry
tomatoes
40g bulgur wheat
20g chopped basil
25g parmesan or Italian-
style vegetarian hard
cheese, finely grated

1 Drain the beans and set aside. Heat the oil in a large non-stick pan, add the squash and fry for a few minutes over a high heat to soften. Add the leek and garlic and cook a few minutes more. Pour in 2 cans of water (using the bean tin). Stir in the thyme, tomato purée and bouillon along with the sliced courgette and cherry tomatoes, bulgur and beans. Bring to the boil, add half the basil, then cover the pan and simmer for 10 mins until the vegetables are just tender.
2 Stir in the remaining basil and three-quarters of the cheese. Ladle into bowls and serve with the remaining cheese on top.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 5 of 5-a-day
PER SERVING 367 kcals • fat 11g • saturates 4g • carbs 38g • sugars 10g • fibre 18g • protein 20g • salt 1.2g



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health

Delicious recipes and top nutrition tips



meat-free meals

■ page 78



meat-free meals

Enjoy satisfying vegetarian lunches and suppers packed with vitamins and minerals

Feta & kale loaded sweet potato

Kale provides powerful antioxidants like vitamin C and sulforaphane – a plant chemical mostly found in cruciferous vegetables that helps reduce inflammation.

SERVES 2 PREP 10 mins
COOK 1 hr EASY V



2 sweet potatoes
210g can chickpeas, drained
1 small red onion, thinly sliced
2 tbsp red wine vinegar or apple cider vinegar

1 tsp caster sugar
30g feta, cut into small cubes
1 tbsp extra virgin olive oil
pinch of chilli flakes
100g kale, shredded
1 tbsp pumpkin seeds, toasted
80g bag rocket

1 Heat the oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put them in a roasting tin and roast for 50-55 mins (depending on size). Add the chickpeas to the tin, then roast for 10-15 mins more, until the potatoes are completely tender and the chickpeas have crisped a little.
2 Meanwhile, mix the onion with the vinegar, sugar and a pinch of salt, and set aside to quickly pickle.

Put the feta in another bowl, then add the oil and chilli flakes, and set aside to marinate.

3 When the potatoes are nearly cooked, put the kale in a pan with 50ml water and set over a high heat for 3 mins until wilted, then season. Halve the potatoes, divide between two plates and top each with the kale, chickpeas, drained red onion (reserving the vinegar), marinated feta and the pumpkin seeds. Toss the rocket with the reserved vinegar, then serve on the side.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 422 kcs • fat 15g • saturates 4g • carbs 51g • sugars 19g • fibre 11g • protein 15g • salt 0.6g

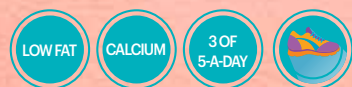


Apple & penne slaw with walnuts

Crunchy, creamy and refreshing, this pasta salad makes a great work or school lunch. The high carbs will also help perk you up after exercise, while the walnuts contain generous amounts of polyunsaturated fat, plus selenium, which supports brain health. This recipe makes enough to serve two people over two days.

SERVES 4 PREP 15 mins

COOK 12 mins EASY V



200g wholemeal penne
2 x 150g pots bio yogurt
4 tsp apple cider vinegar or sherry vinegar
2 tsp English mustard powder
4 spring onions, finely chopped
6 celery sticks (320g), finely chopped
400g and 210g cans chickpeas, drained

30g raisins

2 apples

12 walnut halves (35g), broken up

8 crisp lettuce leaves from an Iceberg lettuce

1 Boil the penne for 12 mins until al dente, then drain. Meanwhile, make a dressing by mixing the yogurt with the vinegar, mustard powder and spring onions.

2 Add the penne to the dressing along with the celery, chickpeas and raisins, stirring to combine. Chop 1 apple into chunks and add to half the salad with half the nuts, then put on a bed of half the lettuce leaves (or use the leaves as wraps). Chill the remainder for the next day, adding the remaining apple, nuts and lettuce just before serving (if you make the whole salad ahead, the nuts will soften and the apples will brown). *Will keep for up to two days, covered, in the fridge.*

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • 3 of 5-a-day

PER SERVING 472 kcals • fat 13g • saturates 3g • carbs 62g • sugars 16g • fibre 13g • protein 20g • salt 0.3g



Spicy rice burritos

Homemade wholemeal wraps make the perfect finger food stuffed with spicy tomato rice and avocado. Raw tomatoes are rich in vitamin C. While this decreases when heated, cooked tomatoes release lycopene – an antioxidant that safeguards our cells from environmental damage.

SERVES 4 **PREP 20mins**
COOK 40 mins **EASY V**



1 tbsp rapeseed oil, plus 2 tsp
2 onions (320g), finely chopped
150g brown basmati rice
2-3 tsp mild chilli powder
1 tsp each ground coriander
and cumin
400g can chopped tomatoes
2 tbsp tomato purée
400g can black beans, drained
180g spelt wholemeal flour, plus
extra for dusting and a little for
sprinkling
2 avocados
1 lime, juiced
4 large iceberg lettuce leaves
(about 120g)
198g can sweetcorn, drained
120g pot bio yogurt
15g fresh coriander finely chopped
12 Kalamata olives, halved

1 Heat 1 tbsp oil in a non-stick pan, add the onions and cook for 10 mins over a medium heat. Stir in the rice and spices, tip in the tomatoes with a can of water and the tomato purée, then cover and simmer for 25 mins. Stir in the beans, take off the lid, bring back up to a simmer and cook for 5-10 mins more until the rice is tender. Leave to cool.

2 Meanwhile, tip the flour into a small bowl. Mix the 2 tsp of oil with 115ml cold water, then pour into the flour and stir with the blade of a cutlery knife until the mixture starts to come together into a soft dough. Use your hands to bring the mixture into a ball, then quarter and cover with a tea towel while you wait for the rice to cook and cool.

3 Lightly flour the work surface and heat a very large non-stick frying pan over a medium heat, but don't add any oil. Roll out one of the balls of dough to a rough circle about 25cm across that is paper-thin. Carefully peel off the work surface and slap into the frying pan. The dough will cook within a minute, then flip over and cook for a few seconds more. Lift onto a plate and

cook the remaining dough in the same way. Cover the wraps until you need them.

4 Roughly smash the avocados with the lime juice. Lay the whole lettuce leaves over the wraps, then add a layer of rice, scatter with the sweetcorn, then top with the avocado, yogurt, coriander and olives. Carefully roll up into burritos. Wrap two of the burritos in baking parchment and store in the fridge overnight. *Will keep chilled for up to a day.* If putting in a lunchbox, use an ice pack to keep them cool.

GOOD TO KNOW healthy • fibre • vit c • 5 of 5-a-day
PER SERVING 641 kcs • fat 21g • saturates 4g •
carbs 84g • sugars 16g • fibre 18g • protein 20g •
salt 0.58g



Feta cakes with Greek-style salad

Bring a little summer sunshine to your kitchen with these potato-based feta cakes served with a Greek-style salad. We've used herbs in this recipe that not only add plenty of flavour, but also contribute valuable nutrients, including vitamin C and iron.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY** **V**



a drop of rapeseed oil, for the baking sheet

700g potatoes, peeled and cut into chunks

1 lemon, zested, half juiced

6 spring onions, very finely chopped

2 tbsp chopped mint

3 tbsp chopped parsley

100g feta, crumbled
1 large egg
6 tbsp wholemeal flour
½ tsp smoked paprika

For the salad

320g tomatoes, cut into wedges
1 cucumber (320g), diced
1 red onion, finely chopped
12 Kalamata olives, quartered
1-2 tbsp finely chopped mint
2 tsp lemon juice
2 tsp extra virgin olive oil

1 Heat the oven to 200C/180C fan/gas 6 and lightly oil a non-stick baking sheet. Bring a pan of water to the boil, add the potatoes and cook for 15-20 mins until tender. Drain very well, then return to the pan and mash with lots of black pepper, the lemon zest and juice, spring onions, mint and 2 tbsp of the parsley. Stir through the feta.

2 Beat the egg in a shallow bowl, then mix the flour, paprika and remaining 1 tbsp parsley in another

bowl. Shape the potato mixture into eight cakes, then carefully coat all over in the egg, then the flour mix, reshaping them if you need to.

Arrange the cakes on the baking sheet and bake for 15 mins until starting to turn golden. Use a palette knife to carefully turn each one over and bake for another 10-15 mins until golden brown.

3 Meanwhile, toss half the salad ingredients together with half the lemon and oil. Serve with four cakes and chill the remainder for another day, tossing the remaining salad with the rest of the lemon and oil just before serving. *Will keep, covered, for up to two days in the fridge. To reheat the cakes, cook on a baking tray at 200C/180C fan/gas 6 for 15-20 mins.*

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5 a day
PER SERVING 371 kcs • fat 11g • saturates 5g • carbs 50g • sugars 8g • fibre 8g • protein 14g • salt 1.0g



Quinoa salad with eggs & dill

Unlike wheat or rice, quinoa is a complete protein, containing all eight of the essential amino acids and has been recognised by the United Nations as a 'super crop'. It is packed with dietary fibre, phosphorus, magnesium and iron. This recipe will feed two people for dinner, plus lunch the next day.

SERVES 4 PREP 15 mins
COOK 30 mins EASY V



120g quinoa, rinsed
6 eggs
320g asparagus, woody ends trimmed and halved if too long

4 tbsp extra virgin olive oil
2 tsp apple cider vinegar
6 spring onions, very finely chopped
2 tbsp chopped dill
2 tbsp chopped basil, plus a few leaves to serve
15g capers, rinsed
320g cherry tomatoes, halved

1 Boil the quinoa in plenty of water for 20 mins. Leave for 5 mins, then rinse and drain well. Meanwhile, boil the eggs for 7 mins in another pan with the asparagus above in a steamer. If the eggs are ready and the asparagus isn't quite tender, remove the eggs from the pan and put in cold water, while continuing to cook the asparagus for a few more minutes. Peel the eggs.

2 To make the dressing, mix the extra virgin olive oil and apple cider

vinegar with the chopped spring onions, herbs and capers.

3 Tip the quinoa into a bowl and toss through three quarters of the dressing and the tomatoes. Spoon half onto plates and the rest into two containers. Arrange the asparagus on top of the salads with 3 halved eggs on each one, then spoon over the remaining dressing and scatter with the basil leaves. Seal and chill the packed salads. *Will keep, in an airtight container, in the fridge for up to a day.*

GOOD TO KNOW healthy • folate • vit c • iron •
2 of 5-a-day • gluten free

PER SERVING 360 kcals • fat 21g • saturates 4g •
carbs 21g • sugars 5g • fibre 5g • protein 19g •
salt 0.53g

Cauliflower & green bean curry

A full-flavoured, Sri Lankan-inspired curry like this requires a variety of different spices like cardamom, fennel, cinnamon and star anise, but you can create a similar-tasting spice powder by combining two ready-made spice blends – garam masala and Chinese five-spice. We've also used coconut yogurt rather than coconut milk in order to achieve a creamy consistency without too many added calories.

SERVES 4 **PREP 15 mins**
COOK 45 mins **EASY V**



1 tbsp rapeseed oil
thumb-sized piece of ginger (about 30g) thinly sliced into shreds
1 tbsp curry leaves
320g diced butternut squash (prepared weight)
250g baby potatoes, halved or quartered
225g brown basmati rice
1-2 red chillies, deseeded and finely chopped
4 garlic cloves, finely grated
1 tbsp garam masala
1 tsp Chinese five-spice (check the label to make sure there is no added salt)
4 tomatoes, chopped
400g cauliflower, large florets and leaves roughly chopped
2 tsp vegetable bouillon powder
320g French beans, trimmed and cut into lengths
150g coconut yogurt
15g fresh coriander, chopped
½ lime, juiced

1 Heat the oil in a large non-stick pan over a low heat. Add the ginger and curry leaves and fry, stirring, for about a minute. Tip in the squash and potatoes, turn the heat up to medium, and fry for 5 mins more. Meanwhile put the rice on to boil for 20 mins until tender.

2 Scatter the chilli over the squash and potatoes along with the garlic,

garam masala and five-spice. Stir briefly, then add the tomatoes, cauliflower, 400ml water and the bouillon powder. Bring to the boil, then cover and simmer for 10 mins. Add the beans and cook for another 10 mins until all the veg is tender, but still holding their shape.

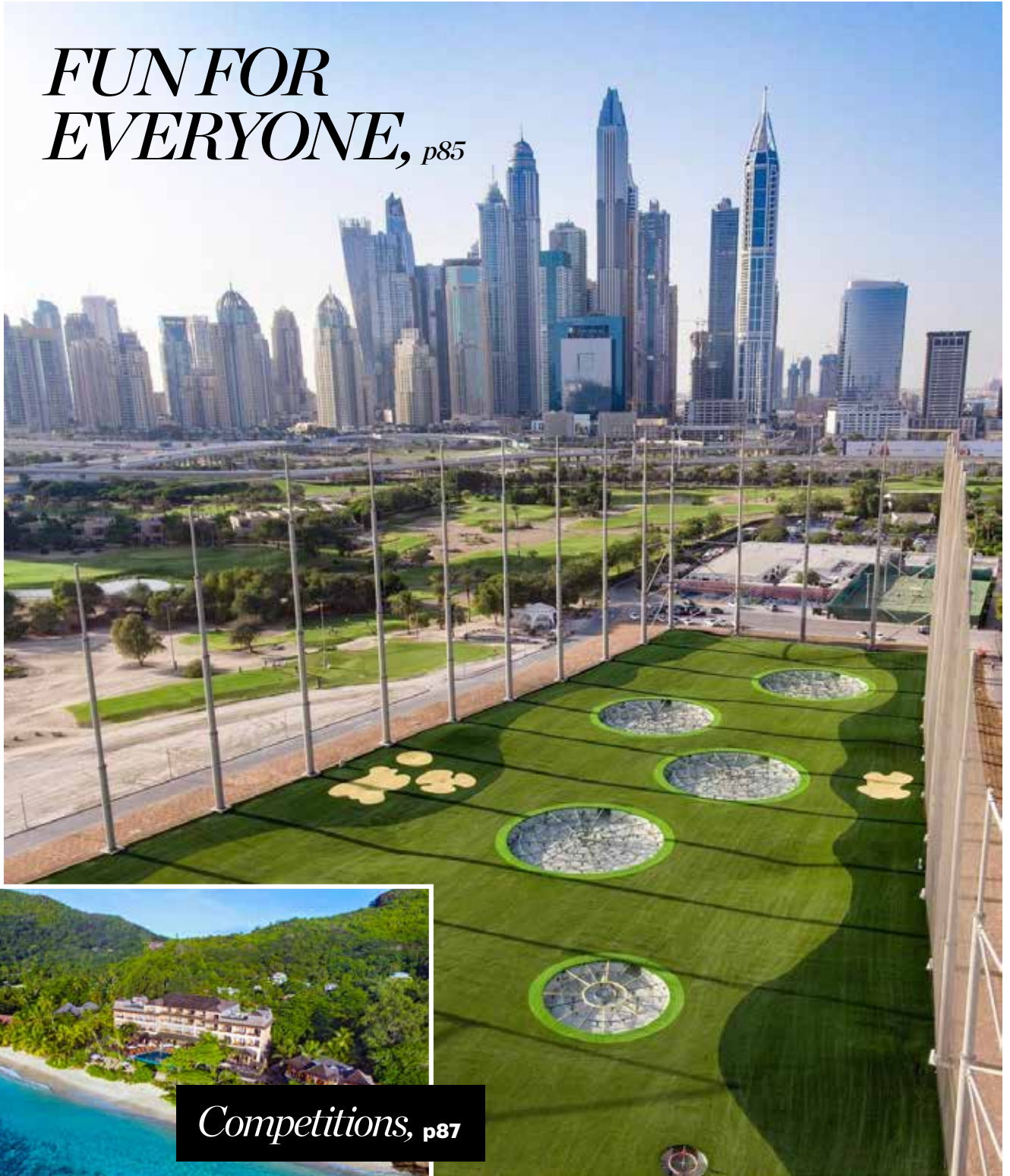
3 Turn off the heat and stir in the yogurt, coriander and lime juice. Serve half with half the rice. Chill the remaining two portions of curry and rice for another night. *Will keep, covered, in the fridge for up to two days. Reheat the rice in the microwave and the curry in a pan set over a low heat until piping hot.*

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 452 kcs • fat 11g • saturates 5g • carbs 69g • sugars 13g • fibre 12g • protein 14g • salt 0.97g



GOURMET LIFESTYLE

*FUN FOR
EVERYONE, p85*



Competitions, p87

Fun for everyone

Spend this summer exploring some of this city's most exciting attractions

Topgolf Dubai

Sited at Emirates Hills next to Emirates Golf Club, Topgolf Dubai is the city's latest one-stop destination for fun, food and frolic. If you haven't visited yet, set an evening aside and make your way over to the brand's first location in the Middle East and Asia.

The venue offers something for all ages, with 96 hitting bays at Topgolf, a Minigolf section on Topgolf's lower level and an Arcade area indoors, with diverse dining options for all palates.

The entrance process is quick and thorough. We registered and were on our way to the golf bays in no time. The best part, since the bays are rented out by the hour, each one can host up to six people at a time, hitting unlimited golf balls for the duration of the rental.

Once we got to our bay, we had to pause for a moment to take in the striking views of Dubai Marina's cityscape – a gorgeous sight for an evening out.

CULINARY OFFERINGS

If you visit Topgolf, it's most likely going to be for an outing bay-side, for a round of golf with the mates or your date. We discovered first-hand that Topgolf has plenty to offer at their restaurants, in terms of food and beverage options.

After a couple of rounds, we found ourselves looking forward to the venue's new summer menu filled with nibbles and bigger bites. Vegans take note, the menu features options for you too. My partner decided to start with a thirst-quenching beverage infused with ginger and lime, while I sipped on a refreshing mango and pineapple mocktail. Spoilt for choice, we later moved on to hops and grape.



In a bid to embrace the local cuisine, new sharing additions to the menu include the Arba-A hummus platter and Crispy Moroccan breaded halloumi fries with a side of moreish chilli jam. The tray of hummus showcased distinct flavours: edamame, beetroot, spicy Moroccan and smoky harissa, alongside pickles and toasted Arabic bread. Since it was a relatively warm evening, the cool dips provided a welcoming light bite.

To cool down a bit, we moved indoors and decided to try more substantial dishes off the menu. The Korean-style Angus beef barbecue plate was a great choice, cooked just right for a tender, juicy entrée, while the House-smoked buffalo chicken flatbread topped with carrot and celery matchsticks, buffalo hot sauce and jalapeño ranch sauce, presented a sumptuous end to our evening.

Details: Sunday to Wednesday from 11am-5pm at AED130 per hour, per bay and 5pm-1am at AED180 per hour; Thursday from 10am-5pm at AED180 per hour and 5pm-2am at AED220 per hour; Friday from 9am-5pm at AED180 per hour and 5pm-2am at AED220 per hour; and Saturday from 9am-5pm at AED180 per hour and 5pm-1am at AED220 per hour. Dine à la carte. Visit topgolfdubai.ae.



IMG Worlds of Adventure

Get away from the scorching heat and visit IMG Worlds of Adventure in Dubai, one of the world's largest indoor theme parks that offers year-round entertainment, dining and retail experiences.

The gigantic property is split into five zones: Marvel, Cartoon Network, Lost Valley – Dinosaur Adventure, IMG Boulevard and The Haunted Hotel. There's plenty for everyone. Thrill-seekers can look forward to exciting rides, and little ones can hop on adventurous attractions, while shopping enthusiasts indulge in a spot of retail therapy. Movie buffs can also catch the latest blockbuster on screen. Numerous dining options are also available for when the hankering for food and beverages strikes.

Our trip was on a Saturday afternoon, and although we're adults, we couldn't wait for that particular weekend. After a swift entry, we headed straight for the Marvel zone and my partner, who is a huge superhero geek, thoroughly enjoyed himself on the Spider-Man Doc Ock's Revenge and the Thor Thunder Spin rides, among others.

The Cartoon Network zone includes attractions such as The Powerpuff Girls – Mojo Jojo's Robot Rampage! and a Ben 10 5D Hero Time in an epic multi-sensory space. The Lost Valley – Dinosaur Adventure zone features the famed Velociraptor, where we were propelled forward at an exhilarating 100km per hour in 2.5 seconds - our favourite ride for sure.

The Haunted Hotel is a must-visit if you love yourself a scare. I'm afraid I had to sit this one out, but my partner had the fright of his life. Finally, we made our way to the IMG Boulevard zone, which is home to old-school video games, the latest interactive gaming, live entertainment, retail and what we were waiting for, inspired dining options. From Arabic and European to American and Pan-Asian cuisine, each outlet has a theme and offers a range of fine-casual and healthy dining choices.

CULINARY OFFERINGS

As you walk (or run) around and try all the entertainment the park offers, you begin to find yourself building up quite an appetite. We found ourselves spoilt for choice, but ultimately decided on lunch at Boulevard Gourmet at IMG Boulevard, a restaurant spanning two floors with a menu brimming with varied continental dishes for all ages and tastes.

Quite ravenous, we began with a Double Oreo milkshake and Mozzarella sticks with sriracha sauce. To say the milkshake was loaded with Oreos and whipped cream is an understatement. Delicious and thick, we couldn't stop sipping on it and we're sure of it being a hit among adults and kids alike.



Not anticipating how generous the portions might be, we ordered two mains to share. In no time, a serving of Kastaleta (lamb chops marinated with garlic, Arabic spices, chilli paste and tomato paste) and Chicken cashew nuts were presented. A word of advice, check with your server before you order a dish, as each was incredibly lavish a serving. The lamb chops were succulent with the ideal balance of flavours; while the aromatic Asian-style chicken in soy sauce with a side of steamed rice, was packed with cashew nuts and offered delightful umami notes.

If you do get a chance to be seated by the window or out on the pavement while dining, go for it. With the theme park currently celebrating their Summer Festival 2021, you might be able to catch fun-filled activities such as a meet and greet with your favourite characters, dance appearances, a drummer's performance, circus artists including unicyclists and jugglers, the park parade and more. We spotted the fiesta, and it was indeed a spectacular sight.

Details: Sunday to Wednesday from 12-9pm and Thursday to Saturday from 12-10pm. AED325 (General admission). Call +9714 403 8888 or visit imgworlds.com.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



A THREE-NIGHT STAY AT DOUBLETREE BY HILTON SEYCHELLES – ALLAMANDA RESORT & SPA, WORTH AED6,700

Nestled amidst 2.5 acres of landscaped gardens, the Allamanda Resort & Spa flanks the Indian Ocean and offers guests an idyllic, private white-sand beachfront. Guests can engage in recreational activities such as kayaking and snorkelling, indulge themselves at the property's luxurious eforea Spa, or bask in the sun by the infinity pool boasting stunning ocean views. One lucky couple will get the chance to win a three-night stay on a half board basis.



LUNCH FOR TWO AT TORN0 SUBITO, W DUBAI – THE PALM, WORTH OVER AED500

Diners are invited to journey back to the sophisticated, social and laid-back 1960's Italian Riviera at Torno Subito. Open daily for lunch and dinner, the restaurant is celebrity chef Massimo Bottura's first outpost outside Italy. Featuring a menu teeming with elevated and sublime dishes, diners can feast on a memorable meal with a side of gorgeous Palm Jumeirah and Dubai Marina views. Torno Subito is offering a delectable lunch for two, including a three-course menu with soft beverages.



VOUCHER FROM FIXIE CAFÉ, ADAGIO PREMIUM THE PALM, WORTH AED500

Fixie Café at Adagio Premium the Palm is Dubai's newest bicycle-inspired social spot. This community café offers all-day breakfast with signature dishes such as Green shakshuka, Vegan scrambled eggs and Matcha açai bowls; alongside favourites such as Eggs benedict and a full English breakfast. The Instagrammable café is work-friendly and offers a variety of coffees, detox juices and pastries. Kids are invited over the weekend to become little chefs and make desserts at a dedicated kids' corner.



A HAYAWIIA GIFT BOX, WORTH AED500

Derived from the Arabic term for health, vitality and vigour, HAYAWIIA is a premium destination for food and natural beauty care, designed to cater to a healthy lifestyle. On a mission to make healthy living easy and affordable, HAYAWIIA currently houses over 20 international and exclusive brands. One winner will receive a gift box from HAYAWIIA, which includes a range of alternative vegan, vegetarian, dairy-free, gluten-free, wheat or grain free, low sugar, low carb and keto-friendly snacks.



F&B VOUCHER FOR LOLA TABERNA ESPAÑOLA, TRYP BY WYNDHAM BARSHA HEIGHTS, WORTH AED500

From the bustling streets of Barcelona to the ancient port of Cádiz, Lola Taberna Española pays tribute to Spanish cuisine and culture in a contemporary and relaxed taberna-style atmosphere. The menu comprises dishes from across the Iberian Peninsula, including tempting tapas, paella, churros and a vast selection of charcuterie. One lucky winner will get a chance to experience a slice of Spain, tuck into these delightful dishes and sip on creative beverages at Lola Taberna Española.



MUSIC BINGO QUIZ NIGHT VOUCHER AT MCGETTIGAN'S JLT, WORTH AED500

Do you fancy yourself a bit of a music enthusiast? McGettigan's JLT, one of Dubai's popular gastro pubs, invites you and your friends to test your knowledge at their brand-new Music Bingo Quiz night hosted by Radio Presenter Jono, every Sunday. Coupled with refreshing beverages, mouthwatering bites and McGettigan's authentic Irish hospitality, you're sure to have a good time. One lucky winner will win a voucher to McGettigan's JLT Music Bingo Quiz night.



VOUCHER FROM GARAGE, W ABU DHABI - YAS ISLAND, WORTH AED500

Driven by a passion for flavour and fuelled by diversity, Garage at W Abu Dhabi - Yas Island has gathered innovators in gastronomy from around the world to create an epic dining destination, driven by five mini-outlets serving distinct cuisines. Tuck into American-style, comfort classics at Meat Vault; aromatic delights at Steam Table; Levantine delicacies at Mezza Bar; Japanese/Peruvian fusion fare at Nikkei House; and end on a sweet note at Tart Van. One lucky winner will receive a voucher to experience all that Garage has to offer.



BRUNCH FOR TWO AT OPEN SESAME, HOTEL INDIGO DUBAI DOWNTOWN, WORTH AED590

Open Sesame, the social eatery located at Hotel Indigo Dubai Downtown, welcomes diners to indulge in its Mediterranean-inspired 'Marasi Brunch'. Taking place every Friday afternoon, experience a world of zesty flavours with spicy local twists and electric sips, amidst impeccable interiors with fresh artsy designs. Diners can also look forward to special and unexpected surprises along the way. Open Sesame is offering the chance to win this fabulous brunch for two, inclusive of house beverages.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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